



## The Concept of Nutrition

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Nutrition ingredient of nutrition ingredients that guarantee human survival and proper nutrition human gives access to healthy and disease-free body and serve as a protective wall and protector of the body from exposure to many serious diseases, cancers, heart attacks and other Diseases caused by malnutrition and unhealthy and balanced food and nutrition is of great importance for the human body, because it leads to do many functions, including growth and build tissues and cells are necessary to build a human body.

### The benefits of nutrition

- Compensation and build cells and tissues that are damaged and build new cells and tissue replacement.
- Provide the body with the necessary energy to him, which leads to a sense of warmth and ability to go.
- Access the body immune system necessary to him, which leads to protect him from disease.
- Nutrition is of great importance in the Organization of all processes occurring within the human body, which include breathing and reproduction and transmission and other functions performed by the body.

### The importance of nutrition

#### For feeding great importance for human

Proper nutrition gives great capacity for human concentration and learning properly, every human is going through a phase where needs to focus and thinking and learning, so that it can fit through all of these stages as required, in order to get these capabilities must obtain proper nutrition, Which contain all the elements that needs her body, this nutrition strengthen brain and memory, and supply the body with the necessary energy to all the activities of life to the fullest as glucose, walnuts, phosphorus and other elements.

Peaceful nutrition play an important role in getting the human mental health, especially nowadays, where many human pressures resulting from life's problems and responsibilities, which lead to anxiety and stress and constant emotion, so he needs to Get proper

nutrition to improve mood and psychological, there are certain foods help such as food containing vitamin (D), vitamin (B12), all kinds of seafood and fish, to contain elements necessary for psychological comfort.

Proper nutrition is important for a person to be protected from contracting the many diseases such as cancer diseases, there are certain types of foods that help to do so as a result of the cream and dark colored vegetables broccoli and other foods.

The pious man from anemia (anemia), and through the foods that contain high proportions of iron, and foods containing vitamin (C), which leads to increased iron absorption in the body.

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