

Nutrisoft : www.nutrisoft.xyz

Being healthy is the biggest wealth

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<div style="text-align: left;"><span id="docs-internal-guid-0a4c15c6-7fff-07f8-14e9-5c9cebe13f73"></span></div>
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<div style="font-size: 18px; text-align: left;">Nutrition transition emerged with our globalization. Technologies are good for the economy and its&rsquo; seem still debatable when it comes to health. Let's give some attention to our eating transition and its&rsquo; reflect on health. The nutrition transition is now changing the term from healing food toward harmful food.</div>
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<div style="font-size: 18px; text-align: left;"><strong>ANYTHING IN MODEST ARE THE BEST</strong></div>
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<h2 style="text-align: left;">LET'S FIND OUT HOW HEALTHY WE ARE :</h2>
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<h3 style="text-align: center;">CHECK BMI( BODY MASS INDEX)&nbsp;</h3>
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<div style="text-align: left;">A basic guide to assessing current health status and it's the basic health indicator tool. Best for screening and it can be checked by own. easy check on&nbsp;&nbsp;<a href=" ../body-mass-index" target="_self">body mass index (bmi) calculator</a></div>
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<h3 style="text-align: center;">KNOW YOUR CALORIES</h3>
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<div style="text-align: left;">Calculate your calories approximation to meet your daily requirement. Having your calories makes you easier to choose your meal within the set.&nbsp;&nbsp;<a style="background-color: #ffffff;" href=" ../nutrition-calculators" target="_self">nutrisoft nutrition bmi
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calculator</div>

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<h3 style="text-align: center;">EASY HAND GUIDE MANUAL.</h3>

<div style="text-align: left;">Watch for your calories by knowing the handy guide manual. An easy and convenient way to assess your portion. </div>

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<div style="text-align: center;">sources: <a href="http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/2000DGBrochureHowMuch.pdf

http://www.healthy.arkansas.gov/programsServices/chronicDisease/Nutrition/Pages/ServingSizes.aspx www.GuardYourHealth.com" target="_self">portion sizes and dietary guideline</div>

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<div style="text-align: center;">By Thivya Thrunawkarasu<a

