

Nutritional Workings

Human Body



Building Blocks for the body

Macronutrients

Proteins
Good Fats
Complex Carbs



Breaks down macronutrients
so body can use



Allow the body to function

Micronutrients

Minerals
Vitamins



Activates Digestive Enzyme

Digestive Enzymes

Macronutrients, Micronutrients and Digestive Enzymes are derived from the food that's eaten, remove any from the food cycle and the body begins the process of breaking down

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