

YOU ARE
WHAT
YOU
EAT



WHAT THE FOOD YOU EAT DOES TO YOUR BODY

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This book will help you understand more about what you eat – and what exactly your food does to your body. It includes advice on how to eat a balanced diet with all the nutrition you need, and information on vitamins and minerals as well as suggestions for healthy but delicious snacks and meals.

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EAT and Live!

Yes, it really is true - you are what you eat! Everything you put into your mouth affects the way your body works, looks and feels. Everybody needs the same basic body-building ingredients in food - we call these nutrients - but your body changes at different times of your life. And during puberty, your body is growing and changing so fast, that you have special nutrient needs.



Healthy ancestors

Some people say that our bodies can't cope with modern foods: they are the cause of many illnesses that the caveman didn't suffer from and we should eat like our ancestors. Most cavemen lived more than 12,000 years ago but it's likely they ate a large variety of food.



The animals they caught were lean, and the caveman ate much more of the animal, including the organs, bone marrow, tongue and eyeballs. Freshwater fish were also available.