## Healthy Diet

A healthy diet is one **17** _____. A healthy diet **18** _____: fluid, adequate essential amino acids from protein, essential fatty acids, vitamins, minerals, and adequate calories. The requirements for a healthy diet can be met **19** _____. A healthy diet supports energy needs and provides for human nutrition without exposure to toxicity or excessive weight gain from consuming excessive amounts. Where lack of calories is not an issue, a properly balanced diet (in addition to exercise) is also thought to be important for lowering health risks, **20** _____.

Various nutrition guides are published by medical and governmental institutions to educate the public **21** _____. Nutrition facts labels are also mandatory in some countries to allow consumers **22** _____.

LIVEWORKSHEETS