Nutrition

Nutrition is in all types of food and drink. Nutrition consists of fat, carbohydrates, vitamins, protein, fibre and minerals. Nutrition is the key to a healthy diet. According to the 8,000 surveyed in the 2010 SPANS survey, there were few students who ate the recommended amount of vegetables. Many students had too many extra foods and drinks such as soft drink, chips and confectionary. The younger kids were better fruit eaters than teenagers and milk drinkers tended to drink full cream milk over the recommended reduced fat milk. If you are not eating the right foods you may receive white spots on your nails (Leukonychia). This may mean you are not having enough zinc, protein or calcium in your daily intake. This could also mean a nail injury, allergic reaction, fungal infection or a serious disease.
To fix this you can have more calcium rich foods, eat more Vitamin C fruits and consume more zinc, iron and sulphur rich foods.

There are nutritional services in Muswellbrook and the Upper Hunter such as Muswellbrook Community Health Services.

Nutrition Australia:

http://www.nutritionaustralia.org/