



Body Energy: Basic Food Groups

Robert G. Hines

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Food is the natural source for obtaining the Nutrients our body need to produce Energy and be able to function. Establishing a balance diet by selecting the right food is also beneficial both physically and mentally. Without maintaining a proper diet the body will not perform as it should, this is one of the main reasons other than Hereditary we succumb to all kinds of illness like Diabetes, Obesity, even rapid aging. Nature provide a vast variety of food, from the waters depts to the deepest parts of the forest. Fortunately we only need to travel to the nearest grocery store.

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