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## KEY CONSTITUENTS OF HEALTHY DIET FOR GROWTH, VIGOR AND STRENGTH

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### ABSTRACT

*Having a balanced diet may help you live longer and feel better. Fluid, macronutrients, micronutrients, and sufficient dietary energy are all part of a balanced diet. Fruits, vegetables, and whole grains make up the bulk of a healthy diet, with little to no processed food or sugary drinks in the mix. Vegans must get their vitamin B12 from a non-plant source, although the dietary needs for a balanced diet may be fulfilled with both plant-based and animal-based foods. Medical and governmental organisations offer a wide range of nutrition guidelines to help educate the public about good eating habits. Some nations have made the use of nutrition information labels obligatory so that customers may compare the nutritional value of various items before making a purchase.*

**KEYWORDS:** *Human Growth, Vigor, Stamina, Healthy Diet*

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