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the science of nutrition and a clear understanding of how to apply that knowledge in practice, recognizing the need for nurses to work with other ...

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As a general guide, balanced nutrition for the day should comprise of: 30% protein. 40% complex carbohydrates. 30% essential healthy fats (ideally omega-3 fatty acids) 2-4 litres of water. Proper nutrition should also consist of vitamins, minerals, phytonutrients, and antioxidants.

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