

Nutrisoft : [www.nutrisoft.xyz](http://www.nutrisoft.xyz)

Being healthy is the biggest wealth

```
<div style="text-align: left;"><span id="docs-internal-guid-0a4c15c6-7fff-07f8-14e9-5c9cebe13f73"></span></div>
```

```
<div style="font-size: 18px; text-align: left;">
```

```
<div style="text-align: center;"></div>
```

```
</div>
```

```
<div style="font-size: 18px; text-align: left;">&nbsp;</div>
```

```
<div style="text-align: center; font-size: 18px;">
```

```
<h1>&nbsp;</h1>
```

```
</div>
```

```
<div style="font-size: 18px; text-align: left;">Nutrition transition emerged with our globalization. Technologies are good for the economy and its&rsquo; seem still debatable when it comes to health. Let's give some attention to our eating transition and its&rsquo; reflect on health. The nutrition transition is now changing the term from healing food toward harmful food.</div>
```

```
<div style="font-size: 18px; text-align: left;"><strong>ANYTHING IN MODEST ARE THE BEST</strong></div>
```

```
<h2 style="text-align: left;">LET'S FIND OUT HOW HEALTHY WE ARE :</h2>
```

```
<div>&nbsp;</div>
```

```
<h3 style="text-align: center;">CHECK BMI( BODY MASS INDEX)&nbsp;</h3>
```

```
<div>&nbsp;</div>
```

```
<div style="text-align: left;">A basic guide to assessing current health status and it's the basic health indicator tool. Best for screening and it can be checked by own. easy check on&nbsp;&nbsp;<a href=" ../body-mass-index" target="_self">body mass index (bmi) calculator</a></div>
```

```
<div style="text-align: left;">
```

```
<div style="text-align: center;"></div>
```

```
</div>
```

```
<div style="text-align: left;">&nbsp;</div>
```

```
<div style="text-align: left;">
```

```
<div style="text-align: center;">
```

```
<div style="text-align: center;"></div>
```

```
</div>
```

```
</div>
```

```
<div style="text-align: left;">&nbsp;</div>
```

```
<h3 style="text-align: center;">KNOW YOUR CALORIES</h3>
```

```
<div style="text-align: left;">Calculate your calories approximation to meet your daily requirement. Having your calories makes you easier to choose your meal within the set.&nbsp;&nbsp;<a style="background-color: #ffffff;" href=" ../nutrition-calculators" target="_self">nutrisoft nutrition bmi
```

calculator</a></div>

<div style="text-align: left;">&nbsp;</div>

<div style="text-align: left;">

<div style="text-align: center;"></div>

</div>

<div style="text-align: left;">&nbsp;</div>

<h3 style="text-align: center;">EASY HAND GUIDE MANUAL.</h3>

<div style="text-align: left;">Watch for your calories by knowing the handy guide manual. An easy and convenient way to assess your portion.&nbsp;&nbsp;</div>

<div style="text-align: left;">

<div style="text-align: center;"></div>

</div>

<div style="text-align: left;">

<div style="text-align: center;"></div>

</div>

<div style="text-align: left;">

<div>

<div>&nbsp;</div>

<span id="docs-internal-guid-36c84530-7fff-312d-06a8-6999e5acebcd"></span></div>

<div><span style="color: #000000; font-family: Times New Roman;"><span style="font-size: 18px; white-space: pre;">&nbsp;</span></span></div>

<div><span style="color: #000000; font-family: Times New Roman;"><span style="font-size: 18px; white-space: pre;">&nbsp;</span></span></div>

<div>

<div style="text-align: center;"><span style="font-size: 13.5pt; font-family: 'Times New Roman'; color: #000000; background-color: transparent; font-style: italic; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">sources:&nbsp;<a href="http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/2000DGBrochureHowMuch.pdf

http://www.healthy.arkansas.gov/programsServices/chronicDisease/Nutrition/Pages/ServingSizes.aspx www.GuardYourHealth.com" target="\_self">portion sizes and dietary guideline</a></span></div>

<div style="text-align: center;">&nbsp;</div>

<div style="text-align: center;">&nbsp;</div>

<div style="text-align: center;"><span style="color: #000000; font-size: 16.7px; font-family: 'Open Sans', sans-serif;">By</span><span style="font-family: Roboto, sans-serif; font-size: 16.7px; text-align: center; color: #0000ff;"><span style="font-family: 'Open Sans', sans-serif; font-size: 16.7px; text-align: left;">&nbsp;<a href="https://www.linkedin.com/in/thivya-thrunawkarasu-7278531a9/" target="\_self">&nbsp;Thivya Thrunawkarasu</a><a

href="https://nutriganic.blogspot.com/2020/08/your-body-deserves-right-choice-of.html" target="\_self">&nbsp;</a></span></span></div>  
<div style="text-align: center;"><span style="font-family: Roboto, sans-serif; font-size: 16.7px; text-align: center; color: #0000ff;"><span style="font-family: 'Open Sans', sans-serif; font-size: 16.7px; text-align: left;">&nbsp;</span></span></div>  
<div style="text-align: center;"><span style="font-family: Roboto, sans-serif; font-size: 16.7px; text-align: center; color: #0000ff;"><span style="font-family: 'Open Sans', sans-serif; font-size: 16.7px; text-align: left;">&nbsp;</span></span></div>  
<div style="text-align: center;"><span style="font-family: Roboto, sans-serif; font-size: 16.7px; text-align: center; color: #0000ff;"><span style="font-family: 'Open Sans', sans-serif; font-size: 16.7px; text-align: left;"><a href="https://www.linkedin.com/in/thivya-thrunawkarasu-7278531a9/" target="\_self">Latest article&nbsp;</a><a href="https://nutriganic.blogspot.com/2020/08/your-body-deserves-right-choice-of.html" target="\_self">&nbsp;</a></span></span></div>  
<div style="text-align: center;"><span style="font-family: Roboto, sans-serif; font-size: 16.7px; text-align: center; color: #0000ff;">&nbsp;</span></div>  
<div style="text-align: center;"><span style="font-family: Roboto, sans-serif; font-size: 16.7px; text-align: center; color: #0000ff;">&nbsp;</span></div>  
<div style="text-align: left;"><span style="font-family: Roboto, sans-serif; font-size: 16.7px; text-align: center; color: #0000ff;">&nbsp;</span></div>  
<div style="text-align: left;">  
<div style="color: #000000; font-family: Roboto, sans-serif; font-size: 16.7px; text-align: justify;">  
<p>&nbsp;</p>  
</div>  
</div>  
<div style="text-align: center;"><span style="font-family: Roboto, sans-serif; font-size: 16.7px; text-align: center; color: #0000ff;">&nbsp;</span></div>  
<div style="text-align: center;"><span style="font-family: Roboto, sans-serif; font-size: 16.7px; text-align: center; color: #0000ff;">&nbsp;</span></div>  
<span id="docs-internal-guid-b82bbb98-7fff-2473-0a42-d3936f27c31a"></span></div>  
<span id="docs-internal-guid-dfbb6451-7fff-d8d6-2f44-fe39de5bbf71"></span></div>