

Marschner S Mineral Nutrition Of Higher Plants Second Edition

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الغذاء الصحي هو الذي يمد الجسم بالمواد الغذائية التي يحتاجها للحفاظ على صحته ونموه. يجب أن يكون الغذاء متنوعاً ومتوازناً، ويحتوي على كميات كافية من الفيتامينات والمعادن. كما يجب تجنب الأطعمة الغنية بالدهون المشبعة والسكريات، والتي يمكن أن تؤدي إلى مشاكل صحية مثل السمنة والسكري.

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وفقا لاستراتيجيات المنظمة بشأن التغذية للفترة 2016-2025 تسخر المنظمة جهودها في المساعي على وضع الأولويات والسياسات ومواءمتها ومناصرتها لدفع أهداف التغذية قدما حول العالم وتعد الإرشادات المستنيرة بالبيانات

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