

Made With Love



Nutrition & Healthy Eating



Plymouth State
UNIVERSITY

EMILY LICENCE &
SYDNEY COPP
Plymouth State University

EMILY LICENCE & SYDNEY COPP

Bringing Health to Your Life

Table of Contents

Facts about Nutrition & Healthy Eating	1
Statistics on Nutrition in College Students	2
Resources for the Future	3
Tips to Bring Nutrition to Your Kitchen.....	4
Bibliography.....	5

Bibliography

<http://www.thebreastcaresite.com/wp-content/uploads/2011/08/healthy-eating.jpg>

<https://thefusefitness.files.wordpress.com/2014/04/ways-to-eat-healthier.jpg>

https://www.plymouth.edu/files/2014/10/PSUlogo_color.jpg

Tips to Bring Nutrition to Your Kitchen

If you think a document that looks this good has to be difficult to format, think again!

We've created styles that let you match the formatting in this brochure with just a click. On the Home tab of the ribbon, check out the Styles gallery.

This is the Quote style. It's great for calling out a few very important points.

Customize in Almost No Time

To try out other looks for this brochure, on the Design tab of the ribbon, check out the Themes, Colors, and Fonts galleries.

Have your own company fonts or colors? No problem! Those galleries give you the option to add your own.

Make It Picture Perfect

To replace any photo with your own, just right-click it and then click Change Picture.

If your photo is not a flawless fit for the space, you can crop it to fit in almost no time. Just select the picture and then, on the Picture Tools Format tab, click Crop.

Facts about Nutrition & Healthy Eating

Program 1



To replace any placeholder text, such as this, just click it and type.

Some pages in this template don't use placeholders, so that you can easily customize the formatting and layout as needed.

Program 2



Add your text here.

Program 3



Add your text here.

Statistics on Nutrition in College Students

What to Include?

We know you could go on for hours about how great your business is. (And we don't blame you—you're amazing!) But since you need to keep it short and sweet, here are a few suggestions ...

*“Your company is the greatest. I can't imagine anyone living without you.” —
Very smart customer*

Focus on What You Do Best

If you're using this booklet for a company brochure, these middle pages are a good place for a summary of competitive benefits or some of those glowing testimonials, like the one above.

You might also want to mention a few of your most impressive clients here:

- Big, important company
- Really well-known company
- Very impressive company

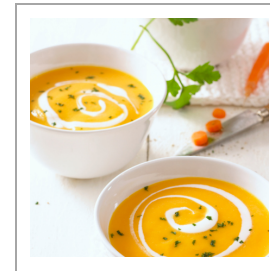
Additionally, you could include a bulleted list of products, services, or major benefits of working with your company. Or just summarize your

Resources for the Future

This is a great spot for a mission statement



Add your text here.



Add a picture caption here.