

Vitamin B-6 (pyridoxine) is important for normal brain development and for keeping the nervous system and immune system healthy. Food sources of vitamin B-6 include poultry, fish, potatoes, chickpeas, ...

Dietary fiber is a nutrient known as a carbohydrate. Fiber includes the parts of plant foods that the body can't digest or absorb. This makes it different from nutrients such as fats, proteins, and other ...

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How much water should you drink each day? It's a simple question with no easy answer. Studies have recommended drinking different amounts over the years. But how much water a body needs may be ...

As part of healthy eating, everyone needs the same type of things, such as vitamins, minerals, carbohydrates, protein and fat. These are called nutrients. Together, nutrients in food help the body work. ...

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The recommended daily amount of vitamin D is 400 international units (IU) for children up to age 12 months, 600 IU for people ages 1 to 70 years, and 800 IU for people over 70 years.

Knowing how much saturated fat is in the foods you eat can help you meet your health and nutrition goals.

The suggested amount of daily fiber depends on your age and how many calories you take in each day. Current dietary guidelines for Americans suggests that people age 2 and older get 14 grams of ...

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