

# Freeletics Nutrition Guide

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nutrition is a critical part of health and development better nutrition is related to improved infant child and maternal health stronger immune systems safer pregnancy and childbirth lower risk of non

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la nutrition est essentielle à la santé et au développement une meilleure nutrition est associée à une amélioration de la santé du nourrisson de la mère et de l'enfant au renforcement du système

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la nutrición es un aspecto crítico de la salud y el desarrollo la buena nutrición guarda relación con la buena salud del lactante el niño y la madre sistemas inmunitarios más fuertes embarazos y partos

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