

Sports nutrition infographics

Here is where this template begins.

Sports nutrition infographics

01

Enjoy variety

Jupiter is a gas giant and the biggest planet

02

Fats & oils

Mercury is the closest planet to the Sun

03

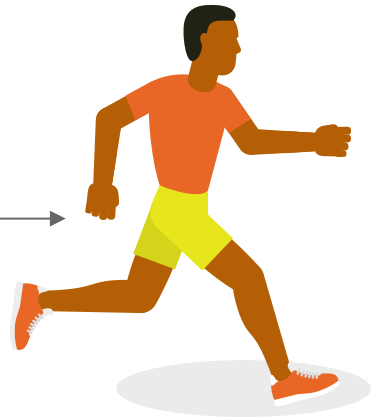
Carbohydrate foods

Mercury is the smallest planet of them all

04

Replace fluid losses

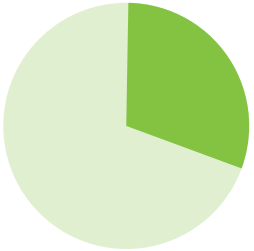
Mercury is the closest planet to the Sun



Sports nutrition infographics

Carbohydrate foods

Nutritional value

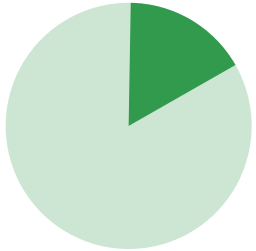


30%

Jupiter is a gas giant and the biggest planet



Effect on blood



20%

Mercury is the closest planet to the Sun

Sports nutrition infographics

Rehydration



70%

Amount of fluid

Venus has a very beautiful name



50%

Type of fluid

Jupiter is the biggest planet of them all



30%

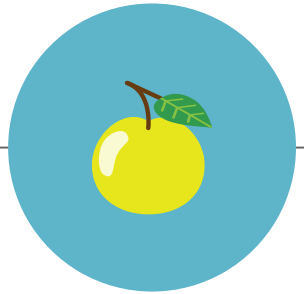
Timing of intake

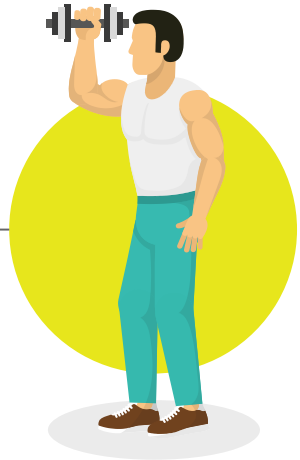
Earth is the only planet that harbors life

Sports nutrition infographics









01

Fiber

Mercury is the closest planet to the Sun

02

Calcium

Despite being red, Mars is a cold place

03

Fruit

Jupiter is a gas giant and the biggest planet

04

Workout

Neptune is very far from the Sun

Sports nutrition infographics

Carbohydrate

Mercury is the closest planet to the Sun

Energy



Protein

Venus has a beautiful name but is hot

Muscles



Vitamin

Earth is the third planet from the Sun

Heart



Sports nutrition infographics

Calcium

Venus has a very beautiful name

Carbohydrate

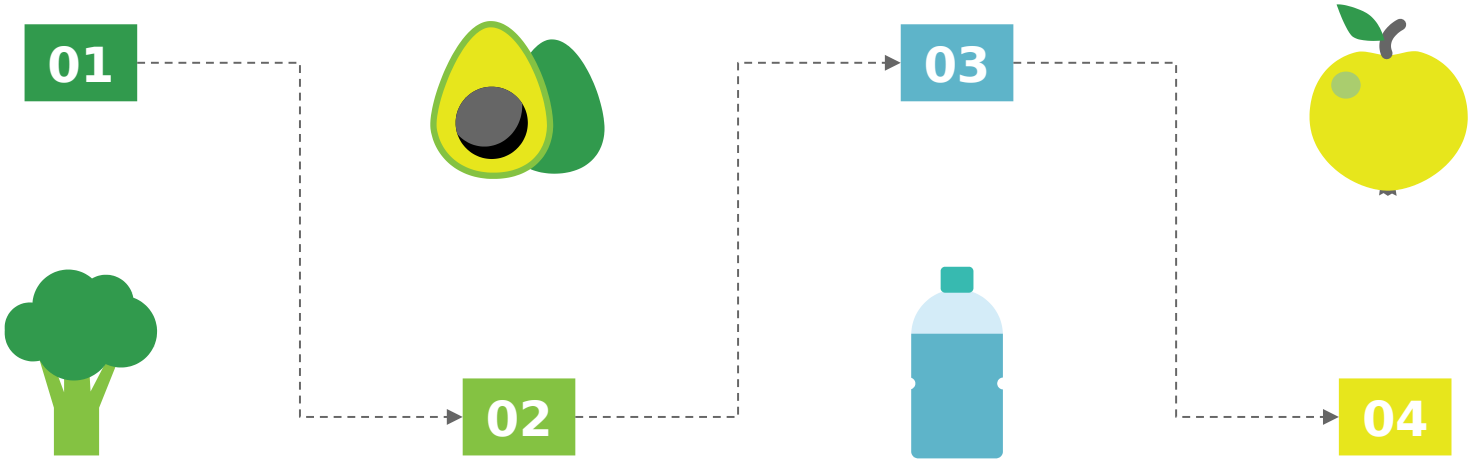
Saturn is a gas giant with rings

Vitamins

Earth is the only planet that harbors life



Sports nutrition infographics



Fiber

Mercury is the closest planet to the Sun

Fats

Despite being red, Mars is a cold place

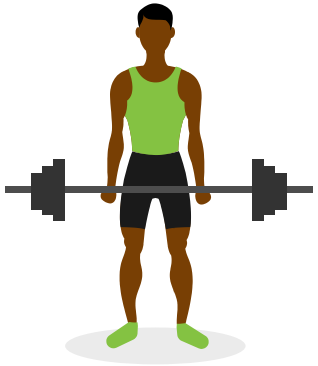
Water

Jupiter is a gas giant and the biggest planet

Fruit

Neptune is very far from the Sun

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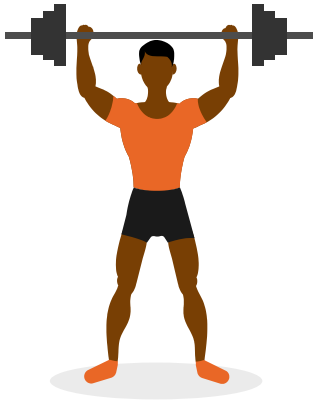




Protein

Venus has a beautiful name but is hot

02



01

Carbohydrate

Mercury is the closest planet to the Sun



Sports nutrition infographics

10%

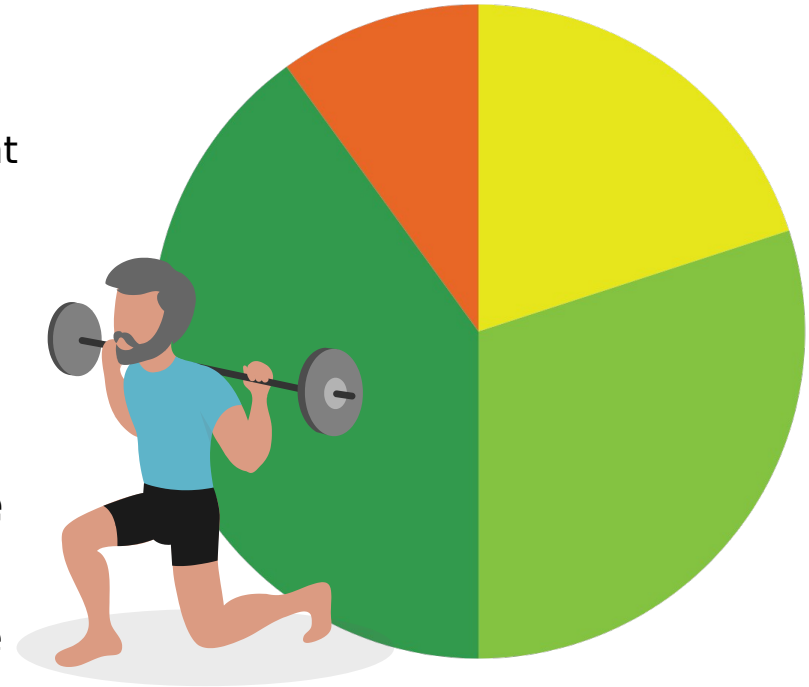
Enjoy variety

Jupiter is a gas giant and the biggest planet

20%

Fats & oils

Mercury is the closest planet to the Sun



40%

Carbohydrate foods

Despite being red, Mars is a cold place

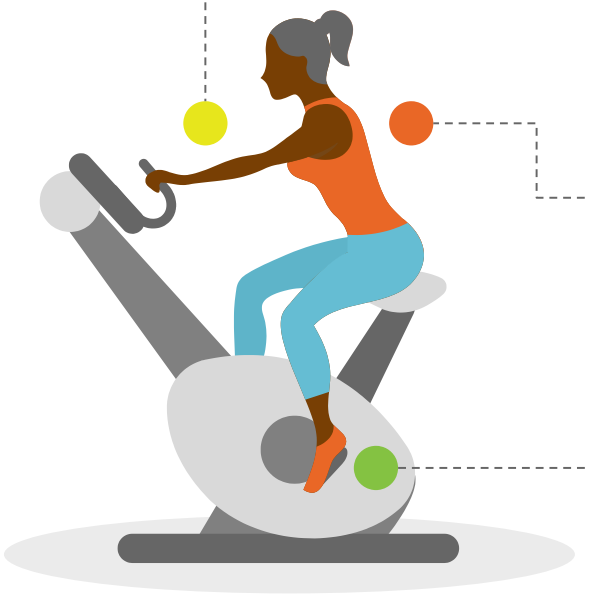
30%

Replace fluid losses

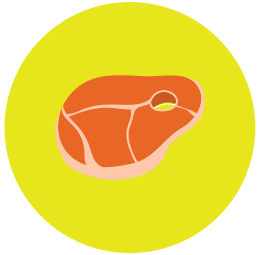
Venus has a beautiful name but is hot

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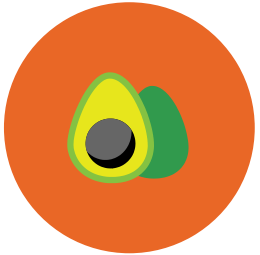
01



Protein

Jupiter is a gas giant and the biggest planet

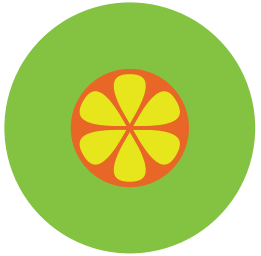
02



Fats

Mercury is the closest planet to the Sun

03



Vitamin

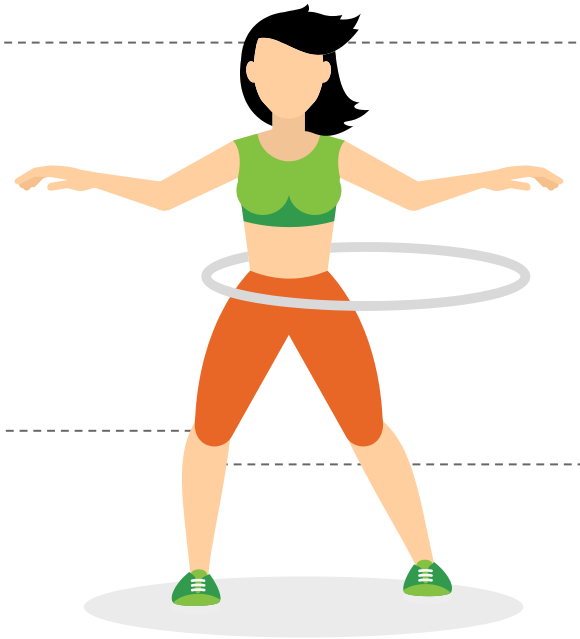
Despite being red, Mars is a cold place

Sports nutrition infographics

01

Enjoy variety

Jupiter is a gas giant and the biggest planet



02

Fats & oils

Mercury is the closest planet to the Sun

03

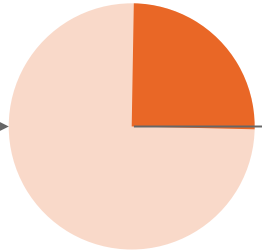
Carbohydrate foods

Despite being red, Mars is a cold place

Sports nutrition infographics



Muscle mass



25%

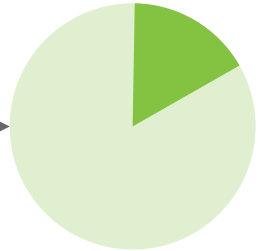
Jupiter is a gas giant and the biggest planet

Nutritional value

30%

Despite being red, Mars is a cold place

Body fat



20%

Mercury is the closest planet to the Sun

Sports nutrition infographics

Antioxidants

Jupiter is a gas giant and it’s the biggest one

Vitamin D

Mercury is the closest planet to the Sun

Calcium

Venus has a nice name but is a very hot place

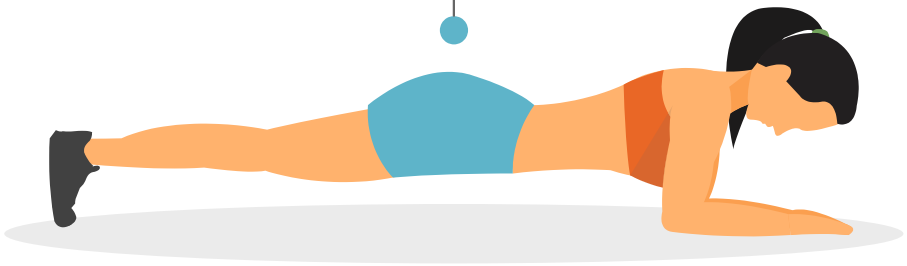
Fat

Pluto is considered a dwarf planet

Protein

Despite being red, Mars is a very cold place

01 02 03 04 05



Sports nutrition infographics



01 02 03 04

Fiber
Mercury is the closest planet to the Sun

Calcium
Despite being red, Mars is a cold place

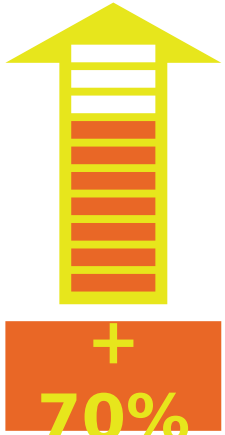
Fruit
Jupiter is a gas giant and the biggest planet

Protein
Neptune is very far from the Sun

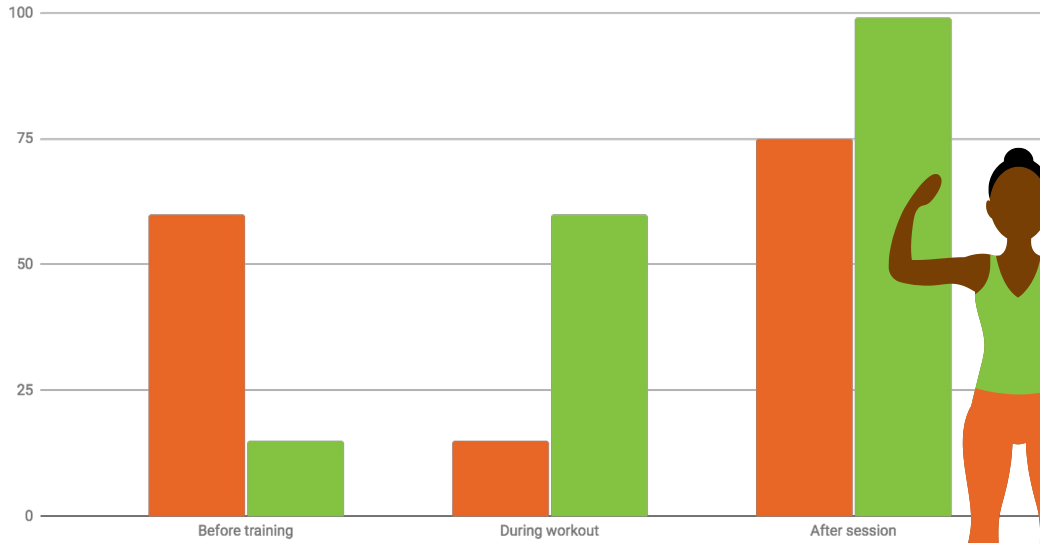


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Energy boost



Jupiter is a gas giant and the biggest planet

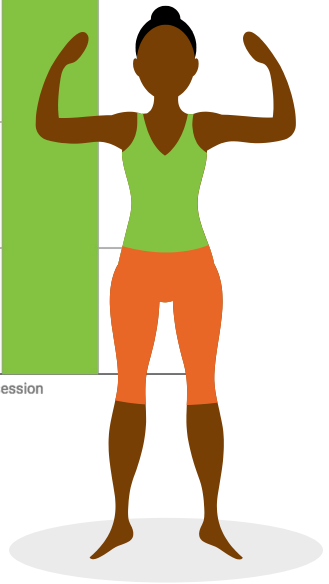




Protein

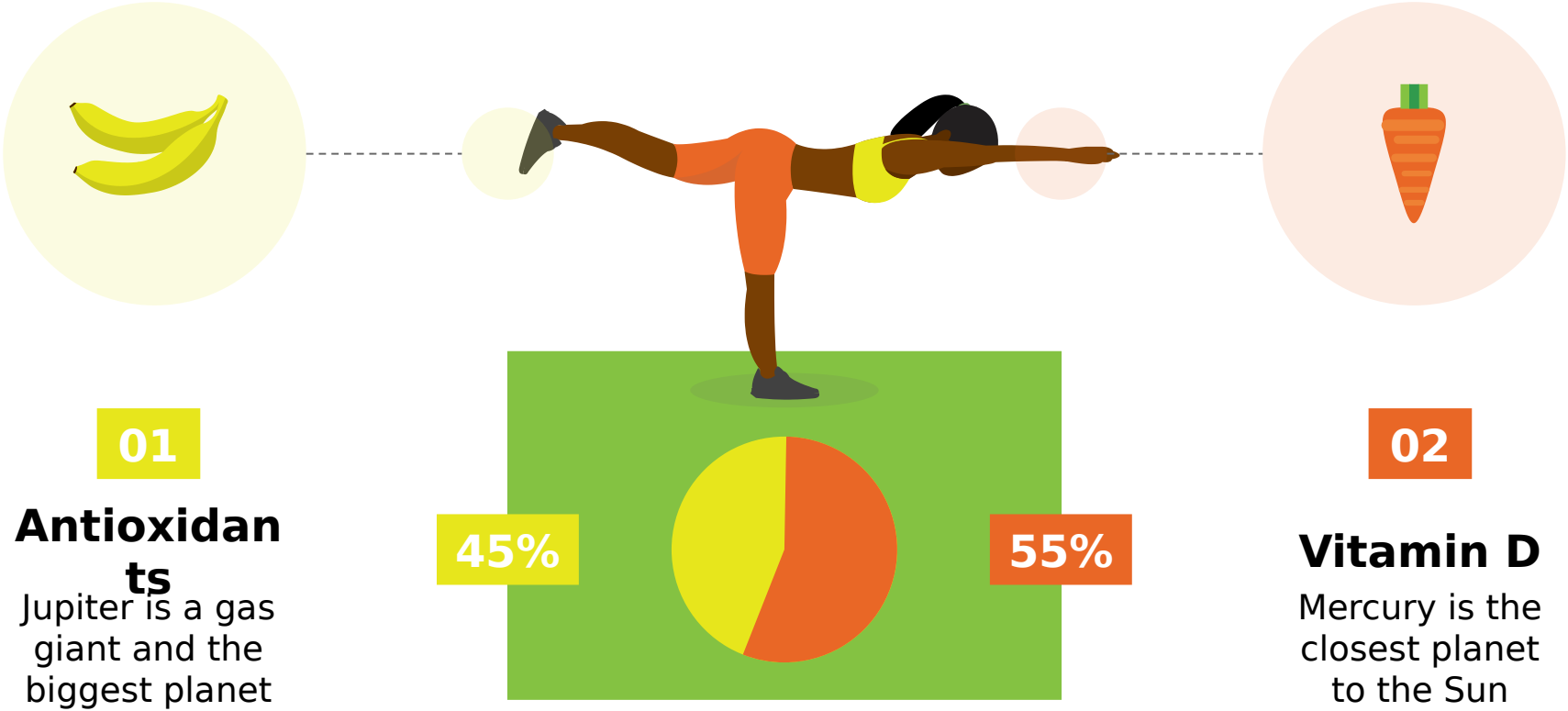


Vitamin



Follow the link in the graph to modify its data and then paste the new one here. **For more info, click here**

Sports nutrition infographics



Sports nutrition infographics

01

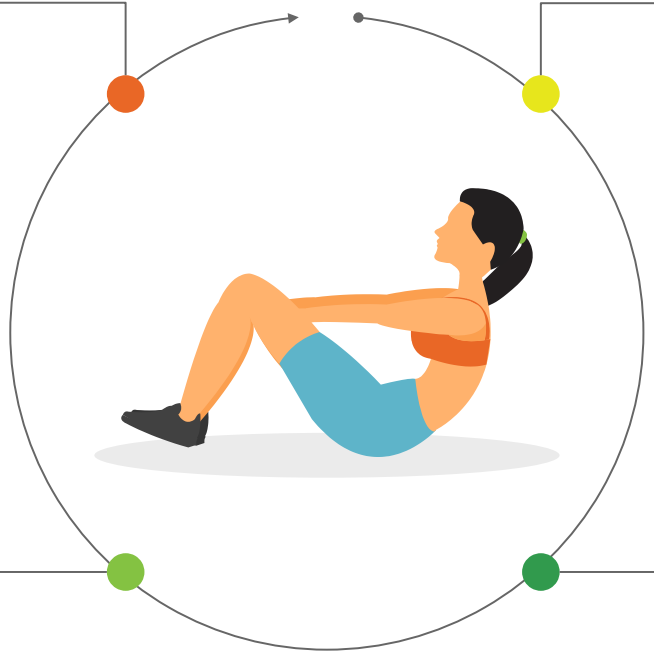
Enjoy variety

Jupiter is a gas giant and the biggest planet

02

Fats & oils

Mercury is the closest planet to the Sun



03

Carbohydrate foods

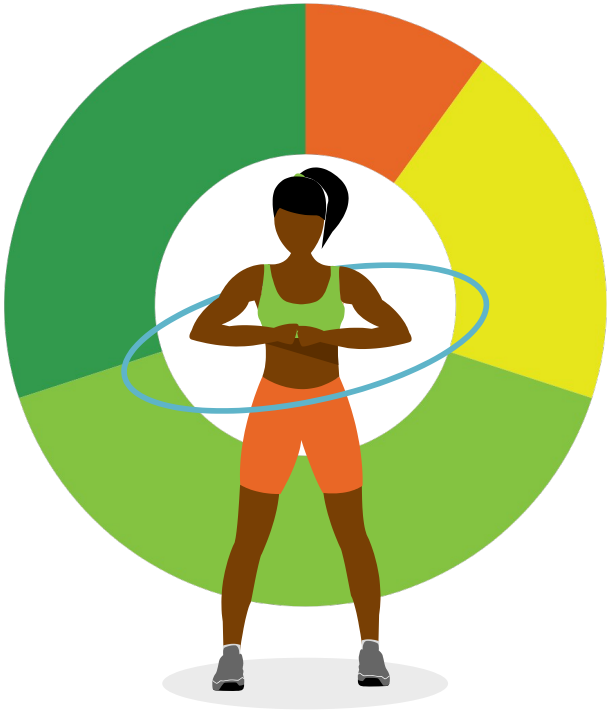
Earth is the planet where we all live

04

Replace fluid losses

Saturn is the only planet with rings

Sports nutrition infographics



10%

Fiber

Mercury is the closest planet to the Sun

20%

Fruit

Jupiter is a gas giant and the biggest planet

40%

Calcium

Despite being red, Mars is a cold place

30%

Protein

Neptune is very far away from the Sun

Follow the link in the graph to modify its data and then paste the new one here. **For more info, click here**

Sports nutrition infographics

01

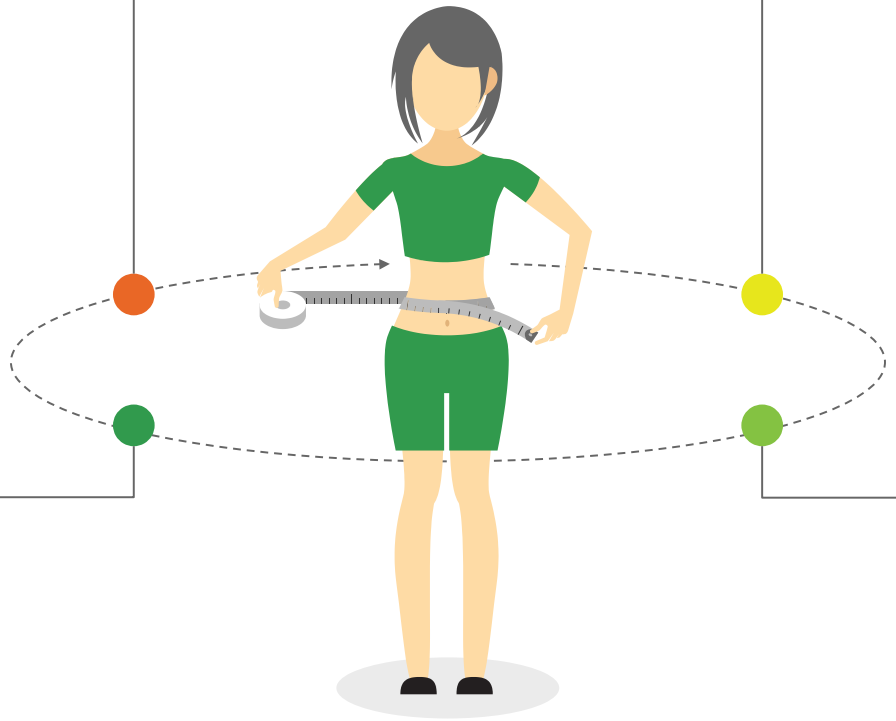
Enjoy variety

Jupiter is a gas giant and the biggest planet

02

Fats & oils

Mercury is the closest planet to the Sun



03

Carbohydrate foods

Despite being red, Mars is a cold place

04

Replace fluid losses

Venus has a beautiful name but is hot

Sports nutrition infographics

Water
Jupiter is a gas giant and the biggest planet



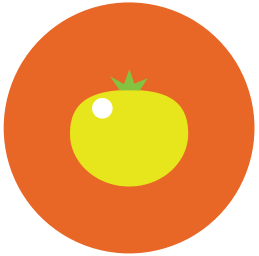
01 ●●●●●●●●○○ 8/10

Fats
Mercury is the closest planet to the Sun



02 ●●●●●●○○○○ 6/10

Vitamin
Despite being red, Mars is a cold place



03 ●●●●●●●○○○ 7/10

Sports nutrition infographics



Sports nutrition

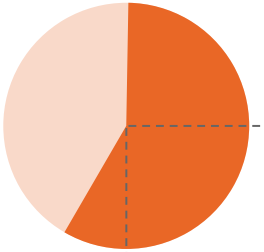
Do’s

- Jupiter is the biggest planet of them all
- Mercury is the closest planet to the Sun
- Venus has a beautiful name but is very hot
- Earth is the third planet from the Sun

Don’ts

- Neptune is the farthest planet from the Sun
- Despite being red, Mars is a cold place
- Saturn is a gas giant and has several rings
- Ceres is located in the main asteroid belt

Sports nutrition infographics



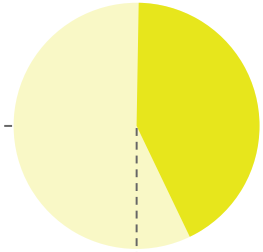
60%

01

Enjoy variety

Jupiter is a gas giant and the biggest planet





40%

02

Fats & oils

Mercury is the closest planet to the Sun

Sports nutrition infographics

01

Liquid

Jupiter is the biggest planet



01

Meat

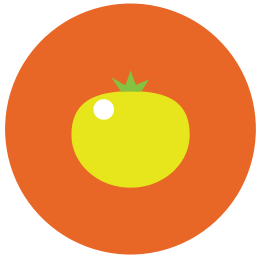
Mercury is the smallest planet



01

Fruit

Despite being red, Mars is a cold place

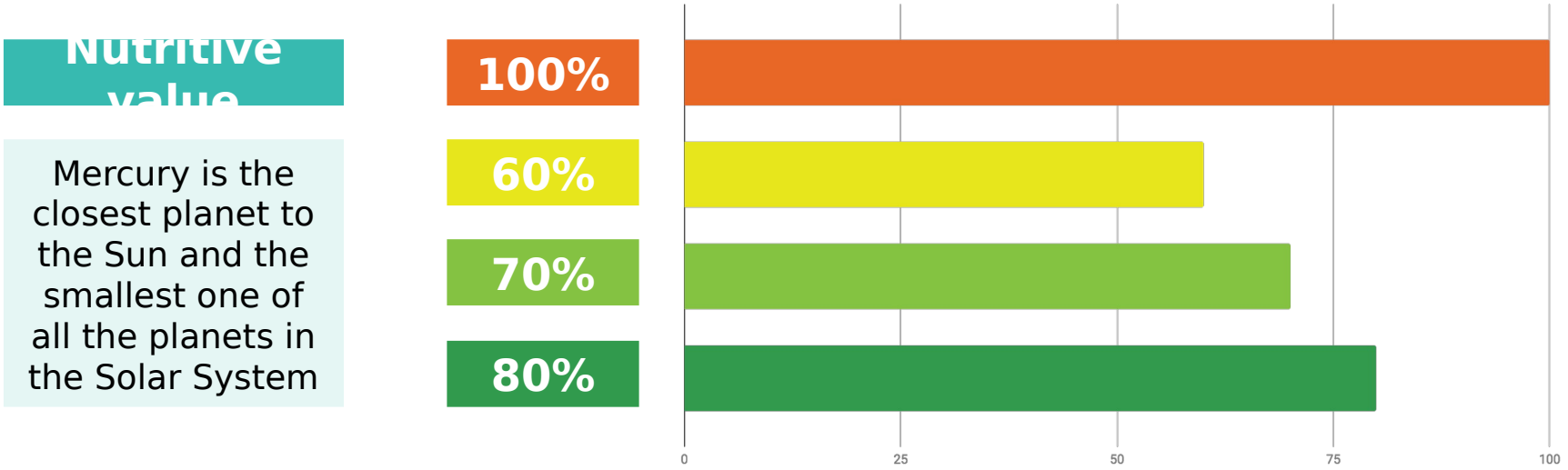




Sports nutrition infographics

Nutritive value

Mercury is the closest planet to the Sun and the smallest one of all the planets in the Solar System





Calcium



Vitamin



Water



Protein

Follow the link in the graph to modify its data and then paste the new one here. **For more info, click here**

Sports nutrition infographics



Step

01

Enjoy variety

Jupiter is a gas giant and the biggest planet

Step

02

Carbohydrate foods

Saturn is the only planet with rings

Step

03

Replace fluid losses

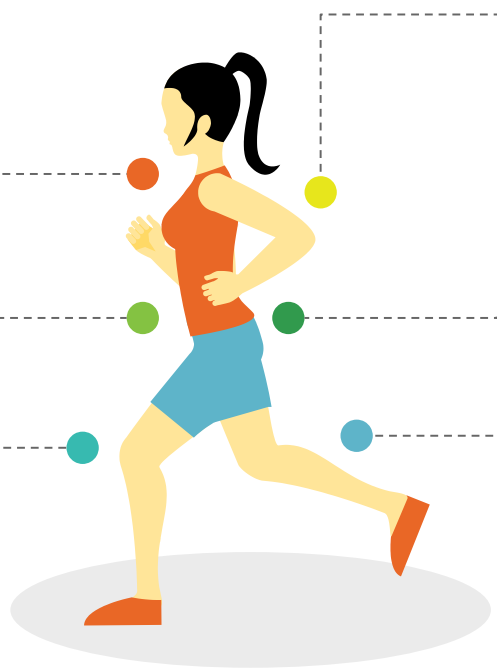
Mercury is the closest planet to the Sun

Sports nutrition infographics

Fiber
Jupiter is a gas giant and the biggest planet

Vitamin
Mercury is the closest planet to the Sun

Protein
Venus has a beautiful name but is hot



Fats
Neptune is the farthest planet from the Sun

Antioxidants
Despite being red, Mars is a cold place

Omega 3
Pluto is considered a dwarf planet

Sports nutrition infographics

Carbohydrates
40%

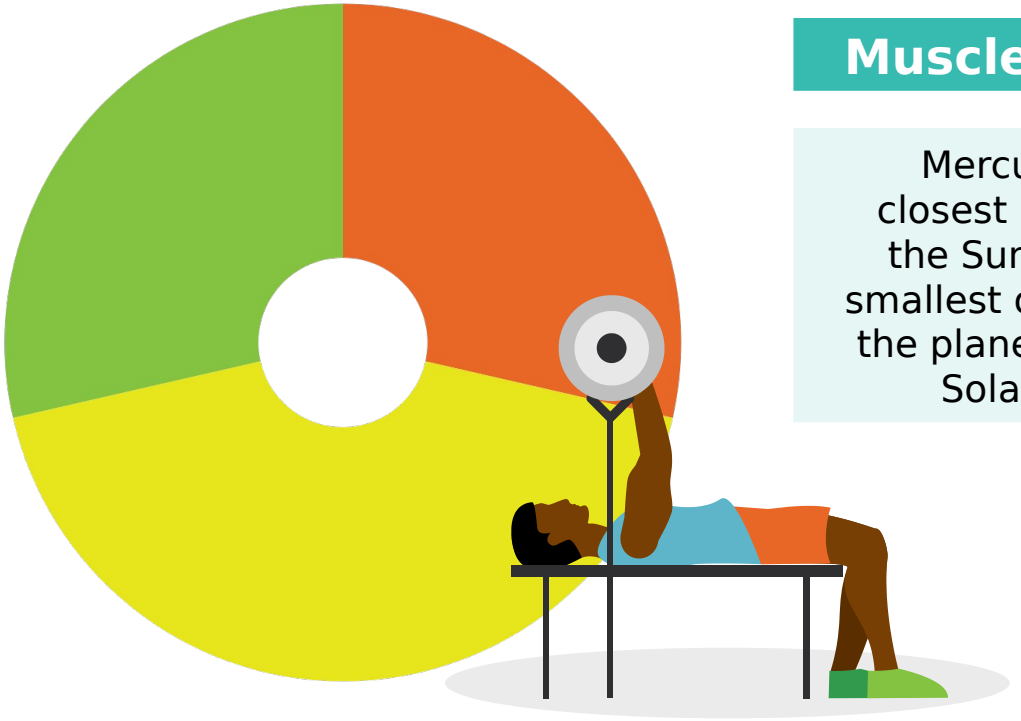


Fats
60%



Vitamin
60%





Muscle mass

Mercury is the closest planet to the Sun and the smallest one of all the planets in the Solar System

Follow the link in the graph to modify its data and then paste the new one here. **For more info, click here**

Sports nutrition infographics



01

Carbohydrate

Neptune is the farthest planet from the Sun

Energy



02

Protein

Mercury is the closest planet to the Sun

Bones



03

Vitamin

Venus has a beautiful name but is hot

Brain



Sports nutrition infographics

01	Carbohydrate	Jupiter is the biggest planet	Energy
02	Protein	Mercury is the smallest planet	Muscles/bones
03	Omega 3	Despite being red, Mars is cold	Heart/brain
04	Iron	Neptune is the farthest planet	Red blood cells
05	Calcium	Venus has a beautiful name	Bones
06	Vitamin D	Earth is the third planet	Immunity
07	Antioxidants	Pluto is considered a dwarf	Oxidative stress

Sports nutrition infographics

Carbohydrates

- ✓ Jupiter is a gas giant and the biggest planet
- ✓ Mercury is the closest planet to the Sun
- ✓ Venus has a beautiful name but is very hot

40 %

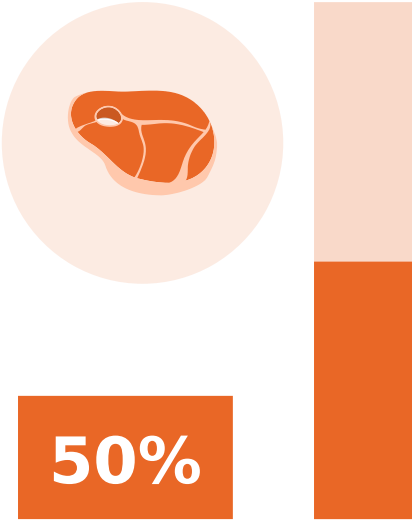


Protein

- ✓ Neptune is very far from the Sun
- ✓ Despite being red, Mars is a cold place
- ✓ Saturn is a gas giant and has several rings

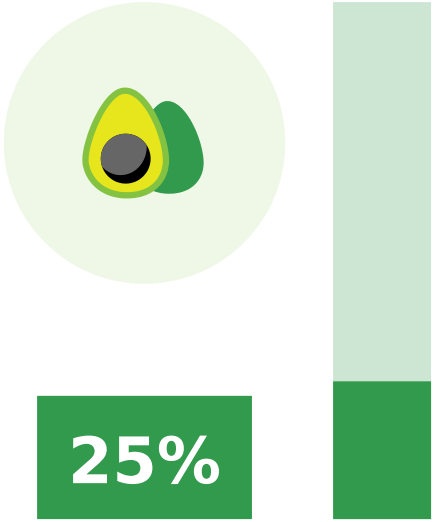
60 %

Sports nutrition infographics



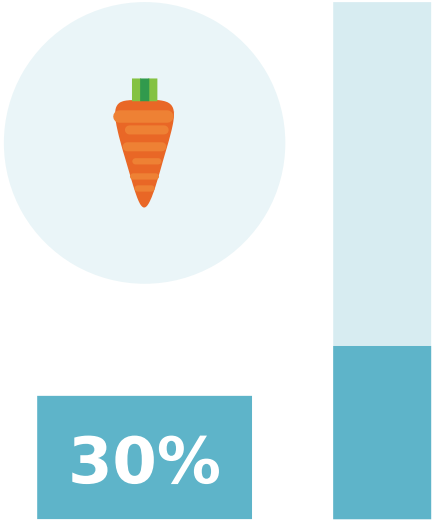
Protein

Mercury is the closest planet to the Sun



Fats

Despite being red, Mars is a cold place



Vitamin

Jupiter is a gas giant and the biggest planet

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Infographics

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- Choose your favourite infographic and insert it in your presentation using Ctrl C + Ctrl V or Cmd C + Cmd V in Mac.
- Select one of the parts and **ungroup** it by right-clicking and choosing “Ungroup”.
- **Change the color** by clicking on the paint bucket.
- Then **resize** the element by clicking and dragging one of the square-shaped points of its bounding box (the cursor should look like a double-headed arrow). Remember to hold Shift while dragging to keep the proportions.
- **Group** the elements again by selecting them, right-clicking and choosing “Group”.
- Repeat the steps above with the other parts and when you’re done editing, copy the end result and paste it into your presentation.
- Remember to choose the “**Keep source formatting**” option so that it keeps the design. For more info, please visit **Slidesgo School**.

