

Balanced Diet

Definition of a Balanced Diet:

A balanced diet is a diet that contains an adequate amount of all essential food components for the proper functioning of the body.

It must include foodstuffs from the four basic food groups.

Four Basic Food Groups in a Balanced Diet:

i. Milk Group

Includes:

- Milk, cheese, ice cream, and other milk-based products.

Rich in:

- **Calcium** → Strengthens bones and teeth.
- **Protein** → Supports muscle growth.

ii. Meat and Beans Group:

Includes:

- Meat, fish, poultry, eggs.
- Alternatives: Dried legumes, beans, and nuts.

Rich in:

- **Protein** → Helps in tissue repair and growth.
- **Iron** → Prevents anemia.

iii. Fruits and Vegetables Group:

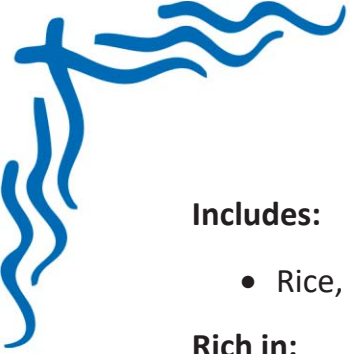
Includes:

- A variety of colorful fruits and vegetables.

Rich in:

- **Vitamins** → Boosts immunity.
- **Minerals** → Supports body functions.
- **Fiber** → Aids digestion.

iv. Grains and Cereals Group:



Includes:

- Rice, wheat, oats, barley, and corn.

Rich in:

- **Protein** → Helps in tissue repair and growth.
- **Iron** → Prevents anemia.

Importance of a Balanced Diet:

i. Prevents Diseases and Infections

- Strengthens the immune system.
- Prevents heart diseases, diabetes, stroke, and infections.

ii. Helps in Weight Management

- A balanced diet helps control weight healthily over time.
- Prevents obesity and related conditions.

iii. Improves Mental Health

- Reduces symptoms of depression and anxiety.
- Enhances mood and emotional well-being.

iv. Supports Growth and Development

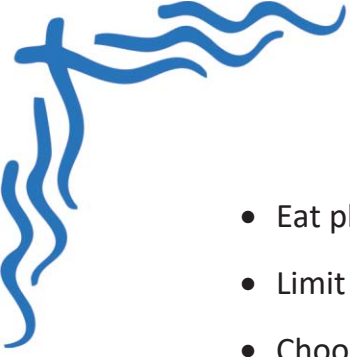
- Promotes cell repair and tissue growth.
- Helps children and teens grow at the right pace.

v. Improves Skin and Hair:

- Provides a healthy glow to the skin.
- Enhances hair texture and shine.
- Delays aging effects.

Tips for a Balanced Diet:

- Include a variety of foods from all four groups.
- Drink 8-10 glasses of water daily.
- Reduce consumption of processed and sugary foods.
- Opt for whole grains over refined grains.



- Eat plenty of fruits and vegetables for essential vitamins and minerals.
- Limit intake of unhealthy fats and sugars.
- Choose lean protein sources like fish, chicken, and legumes.