

Balanced Diet and Junk Food

Balanced Diet

A balanced diet is essential for maintaining good health, as no single food contains all the required nutrients in the correct proportions. It consists of appropriate amounts of carbohydrates, fats, proteins, vitamins, minerals, and water to ensure the proper functioning of the body.

Components of a Balanced Diet:

- **Carbohydrates** – Provide energy for daily activities.
- **Proteins** – Essential for growth and muscle repair.
- **Fats** – Supply long-term energy and support cell function.
- **Vitamins** – Help in boosting immunity and various bodily functions.
- **Minerals** – Important for bone strength, nerve function, and blood circulation.
- **Water** – Keeps the body hydrated and supports metabolic processes.

Vegetarian vs. Non-Vegetarian Diets:

- **Vegetarian Diet:** Comprises plant-based foods such as fruits, vegetables, grains, legumes, and dairy products. It is rich in fiber, vitamins, and antioxidants but may require supplementation of certain nutrients like Vitamin B12 and iron.
- **Non-Vegetarian Diet:** Includes meat, fish, and poultry, which are high in proteins, essential fatty acids, and vitamin B12. However, excessive consumption may lead to health issues like high cholesterol and cardiovascular diseases.

Milk as a Complete Food:

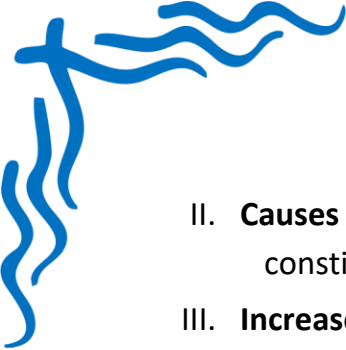
Milk is often considered a complete food as it contains almost all essential nutrients, including proteins, calcium, vitamins, and minerals, required for growth and maintenance of good health.

Junk Food

Junk food consists of highly processed, fried, and fast foods that lack essential nutrients and can be harmful to the body in multiple ways. Examples include samosas, pizzas, pasta, noodles, and soft drinks.

Why Should Junk Food Be Avoided?

- I. **Lacks Essential Nutrients:** Junk food is deficient in vital vitamins, minerals, and proteins needed for overall health.



- II. **Causes Digestive Issues:** Excessive intake can lead to indigestion, bloating, and constipation.
- III. **Increases Risk of Diseases:** Regular consumption can contribute to obesity, diabetes, heart diseases, and high cholesterol levels.
- IV. **Leads to Poor Immunity:** Lack of necessary nutrients weakens the immune system, making the body prone to infections.

How to Keep Our Body Healthy?

- **Exercise Regularly:** Physical activity helps maintain a healthy weight and improves metabolism.
- **Follow a Balanced Diet:** Incorporate a variety of nutrient-rich foods to ensure overall well-being.
- **Stay Hydrated:** Drink at least 6-8 glasses of water daily to aid digestion and detoxify the body.
- **Limit Processed and Sugary Foods:** Reduce intake of artificial sweeteners, refined carbohydrates, and trans fats.

Avoiding Wastage of Food

Food wastage is a global concern, as millions of people suffer from hunger despite the surplus production of food. We should adopt responsible habits to minimize food wastage.

Steps to Avoid Food Wastage:

- **Plan Meals Efficiently:** Create a weekly meal plan and shopping list to purchase only what is necessary.
- **Cook in Adequate Quantities:** Prepare food in appropriate portions to avoid leftovers.
- **Reuse Leftovers:** Store leftovers properly and consume them in the next meal.
- **Compost Spoiled Food:** Convert food waste into compost to use as fertilizer for plants.
- **Donate Excess Food:** If hosting an event, donate surplus food to orphanages, old age homes, or shelters.
- **Develop the Habit of Finishing Your Plate:** Serve smaller portions to avoid throwing away uneaten food.