



## Balanced Diet

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A balanced diet includes various foods in the right proportions.

- **Provides essential nutrients:** carbohydrates, proteins, fats, vitamins, minerals, fiber, and water.

Ensures energy, growth, immunity, and overall well-being.

Prevents nutrient deficiencies and health problems.

### Food Miles: From Farm to Plate

The total distance food travels from producer to consumer.

#### Environmental Impact:

Long-distance transportation increases costs and pollution.

Many crops are transported internationally via air or sea.

#### Importance of Reducing Food Miles:

Supports local farmers.

Promotes fresh and healthy food consumption.

Reduces environmental harm caused by transportation.

### Food Waste

Many people waste food by leaving it uneaten.

Food waste disrespects the efforts of farmers and the food supply chain.