

Balanced Diet



So we need to have a little of all kinds of food every day to get all the Nutrients and roughage etc. This type of diet is called A balanced diet .A balanced diet should contains 50% carbohydrate,35% fats, 12% proteins, 3% vitamins & minerals and sufficient amount of water.

The food we normally eat in a day is our diet. For growth and maintenance of good health, our diet should have all the nutrients that our body needs, in right quantities. Not too much of one and not too little of the other. The diet should also contain a good amount of roughage and water. Such a diet is called a balanced diet.

