

CHAPTER 01

FOOD COMPONENTS

Balanced diet

A balanced diet is one that fulfills all of a person's nutritional needs. It consists of a wide variety of foods to support body and keep us energized and healthy. Having balanced diet avoids eating junk food or food without nutritional value.

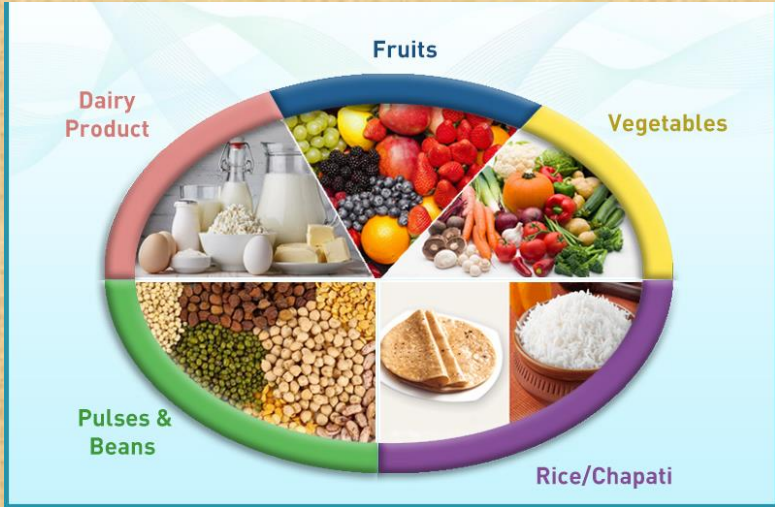


Balanced diet ensures to eat all the required nutrients for your body to function properly. Eat food group contains important nutrients. A balanced diet offers 60-70% of total calories from carbohydrates, 10-12% from proteins and 20-25% of total calories from fat.

Balanced diet should include:

- Vegetables and legumes (beans)
- Fruits
- Grains and cereals
- Meat, fish, eggs, nuts and seeds
- Milk, cheese, yoghurt
- Drink lots of water

A balanced diet includes all these groups and it helps to protect against malnutrition and diabetes, heart attacks in adults.



Children who do not get enough healthy foods may face growth and developmental problems, poor academic performance and frequent infections.

A complete diet supplies all the nutrients required for our body and stop us from getting sick. It helps to make our immune system strong, which became most important, now a day.

Summary of food components

- Food gives us all the required nutrients to our body to work and live properly.
- The components of food include carbohydrates, proteins, fats, vitamins, minerals, dietary fiber and water.
- Energy giving foods include carbohydrates and fats. Body building foods include more of proteins.
- Dietary fiber is also a type of carbohydrate, mostly found in fruits and vegetables. Mainly helps in relieving constipation and reducing bad cholesterol in body.
- Drinking lots of water can keep our body active and healthy. Drinking water frequently can help to throw out wastes like sweat and urine from our body.

- A diet containing all these nutrients in proper proportions called balanced diet.
- Everyone requires balanced diet.
- Eating junk food or food without nutritional value may lead to obesity and other illness.
- Deficiency of nutrients may lead to malnutrition and other diseases.

