

BALANCED DIET

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WHY DO WE EAT?



WE EAT FOOD TO STAY ALIVE

WHAT IS FOOD?



FOOD

IS ANYTHING SOLID , LIQUID OR
SEMISOLID ,WHEN WE EAT NOURISHES
OUR BODY



BASIC TERMS

1. Nutrition- the process by which the body takes in and uses food

2. Calories- units of heat that measure the energy used by the body and the energy that foods supply to the body

3. Nutrients- substances in food that your body needs to grow, to repair itself, and to supply you with energy

4. Hunger- a natural physical drive that protects you from starvation

5. Appetite- a desire, rather than a need, to eat

WHAT SHOULD WE EAT?




A blue ceramic plate with a concentric line pattern holds a meal. At the top are several slices of golden-brown, herb-seasoned bread. To the right is a small white bowl filled with a light-colored soup. In the foreground are several whole, small potatoes and a cluster of bright orange baby carrots. The text "EAT BALANCED DIET" is superimposed in the center in a bold, blue, outlined font.

EAT BALANCED DIET

WHAT IS BALANCED DIET?



BALANCED DIET

 A DIET WHICH CONTAINS
ALL THE ESSENTIAL NUTRIENTS
REQUIRED FOR THE GROWTH
AND MAINTAINENCE OF OUR
BODY

USES OF FOOD

- For energy
- Body building
- Protection against diseases
- Normal functioning of the body processes

Nutrients

Every body needs nutrients found in foods to maintain normal growth and functioning of the body. Nutrients are classified into six groups: carbohydrates, proteins, fats, vitamins, minerals, and water. Each plays a specific role and together they all ensure overall health.

QUESTION

- HOW CAN WE TAKE ALL NUTRIENTS?
- HOW MUCH TO EAT?

Sugary Foods
(small amounts)

Fats & oils
(small amounts)

Milk & Yogurt
(2-3 servings)

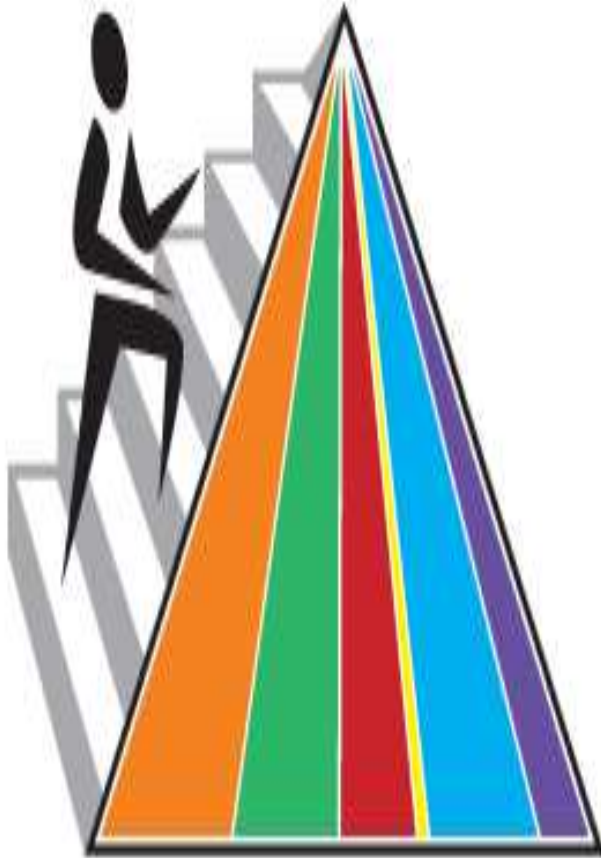
Proteins (2-3 servings)

Vegetables
(3-5 servings)



The Felt Source

Starches (6-11 servings)



- In 2005, the U.S. government updated its Food Guide Pyramid. The old pyramid was designed to remind people of what they should eat to stay healthy. But government wanted to do a better job of teaching Americans that people need to both exercise *and* eat right to stay healthy. So they redesigned the pyramid to show a person climbing stairs to illustrate how physical activity can be as important as food when it comes to our health.



Bread, Cereal, Rice and Pasta

6-11 servings a day

They provide:

- Carbohydrates for energy
 - Fiber for regularity
 - Vitamins and minerals for many important body functions
 - Protein for growth and repair of cells
- We need 6 to 11 servings of foods from the **Bread, Cereal, Rice and Pasta Group** every day. Children need at least 6 servings. Teenagers and very active adults need 10 or 11 servings every day.
- What is a serving? A serving is one slice of bread; 1/2 cup cooked cereal, rice or pasta, one ounce ready-to-eat cereal or one medium chapati

VEGETABLES

3-5 servings



■ THESE ARE SOURCES OF
FIBRE

■ CONTAINS ANTIOXIDANTS

■ FULL OF VITAMINS AND
MINERALS WHEN FRESH

■ LASTLY VERY LOW CALORY
FOOD CONSTITUENTS

Fruits

2-4 servings a day



- Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases.
- Fruits provide nutrients vital for health and maintenance of your body.
- Because they are usually sweet, fruits are often eaten as a dessert, for breakfast, or as a refreshing snack.

Milk, Yogurt, and Cheese

2-3 servings a day



- Milk products provide protein, vitamins and minerals. Milk, yogurt and cheese are the best sources of calcium.
- Any form of milk is a good calcium source. Because milk is an animal food, it contains saturated fat and cholesterol. It is a good idea to choose lowfat milk products such as lowfat yogurt, buttermilk, skim milk and lowfat chocolate milk. Cheese, ice milk and ice cream also contain calcium, but have more fat and calories.

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts



2-3 servings a day

- Meat, poultry, fish, dry beans, eggs, and nuts are important sources of protein, iron, zinc, and B vitamins. This group includes plant foods and animal foods.
- Some meats and meat products are high in fat. There are many ways to reduce the fat you get from these meats. You can choose leaner cuts. You can trim fat from meat before cooking and eating. You can take the skin off.



Fats, Oils, and Sweets Use sparingly



- THE SMALL TIP of the Pyramid shows fats, oils, and sweets.
- These are foods such as salad dressings and oils, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts.
- These foods provide calories and little else nutritionally.
- Most people should use them sparingly.
- Fats and sweets can also be found throughout the rest of the pyramid, as added parts of the other food groups.

Water

Water is vital to every bodily function

- Lubricates your joints and mucous membranes
- Enables you to swallow and digest foods, absorb other nutrients, and eliminate wastes
- Perspiration helps maintain normal body temperature

It's important to drink at least 8 Glasses of water a day to maintain health

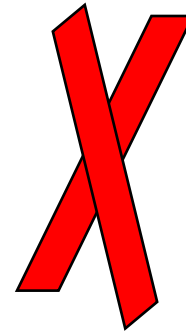
WHAT IF I DO NOT EAT RIGHT?

The Result





EAT BETTER



But what should I eat?

- Here are some breakfast ideas. First, the traditional ones:
- eggs
- French toast or pancakes (try wheat or whole-grain varieties)
- cold cereal and milk
- Stuffed parantha with curd and chutney
- Poha, veg dhalia
- Veg salted vermicilli
- sandwich - grilled cheese, or another favorite
- leftovers (they're not just for dinner anymore!)



Lunch and Dinner

- Best is traditional system
- Roti, vegetable and curd, salad
- At night, we can take dal instead of curd
- Try to eat home made dessert instead of ready made preserved desserts like cakes, ice creams, choose fruit custard, kheer, phirni, sweet vermicelli etc.

Fast Food Alternatives

- Choose salads whenever possible, but beware of creamy dressings and toppings
- Choose baked snacks instead of fried ones
- Choose mustard dressing in place of mayonnaise.
- Choose low-fat milk or fruit juice in place of shakes or sodas.
- Split large or high-fat items with a friend.
- Ask for pizza with less cheese, and choose vegetable toppings rather than pepperoni and sausage.
- Choose sandwiches on whole-grain bread instead of croissants and biscuits.
- Have low-fat frozen yogurt, fruit ice for dessert.

Fast Food Alternatives

- Try vegetable idli
- Home made dhokla with green chutney
- Hung curd sandwiches
- Roasted snacks, cereals
- Sprouts with fruits or vegetables

Increase your daily exercise



- Make exercise a part of your daily life.
- Try to do at least 30 minutes of exercise a day at least for three days in a week.
- Use stairs instead of the lift.
- Walk or ride a bicycle for short distances instead of taking bus or your vehicle

Healthy tips

- Drink plenty of water
- Eat salad twice a day
- Take medium fat milk daily
- Use less oil. MUFA: PUFA:SFA=1:1:1
- Eat one fruit daily
- Do moderate exercise at least 5 times a week
- Think good and do good to others

THANK YOU

