

# BALANCED DIET FOR GOOD HEALTH

A balanced diet and regular physical activity are the building blocks of good health. Bad eating habits and lack of activity is a self-invitation to plethora of health problems such as obesity, etc.

**A balanced diet must contain all the macro and micro nutrients we need and in the right proportions.**

The vigor of choice, control and moderation is yours.

However you just need to balance it accurately.

## TIPS FOR BALANCED DIET

### **Count your calories:**

Every excess calorie you eat may turn into body weight. Instead, make sure your portion sizes are less and increase your physical activities. Try to have low-fat foods so you undertake all the nutrients you need without excess fat.

### **Increase the intake of water:**

Water does not provide energy but;

- It aids in controlling body temperature.
- It transports nutrients to cells.
- It transports waste products to kidney for excretion.

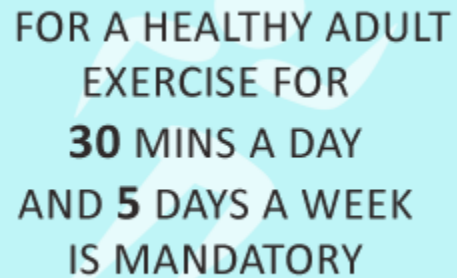
### **Fat is an essential nutrient:**

- Important for growth and maintenance.
- Insulates body heat.
- It is essential for the absorption of Vitamin A, D, E and K.
- Source of essential fatty acids.
- Cushions the organs.
- Shields us from physical shocks.

AVERAGE DAILY REQUIREMENT  
OF A SEDENTARY INDIVIDUAL IS  
APPROXIMATELY 2000KCAL.  
A HIGHLY ACTIVE INDIVIDUAL  
MAY REQUIRE AN AVERAGE OF  
3500KCAL PER DAY

### **Proteins for effective development:**

- Form the body's main structural elements.
- Build and repair bones, muscles, connective tissues, skin, internal organs and blood.
- Hormones, antibodies and the enzymes that regulate the body's chemical reactions are all made up of proteins.
- Without the right Proteins, blood will not clot properly and cuts will not heal well.



**FOR A HEALTHY ADULT  
EXERCISE FOR  
30 MINS A DAY  
AND 5 DAYS A WEEK  
IS MANDATORY**

### **Fruits & vegetables - Palate of taste:**

They are packed with Vitamins, Minerals, Fiber, and other nutrients and are naturally low in Fat and Calories. They are nothing but healthy and nutritious and thus essential components of a healthy, balanced diet.

### **Carbohydrates - The body's engine:**

Carbohydrates are the power house of the body. Their main function is to give energy to the cells and brain. They are responsible for regulation of blood glucose levels.