

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.