



# Balanced Diet-A Healthy Awareness



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## Balanced Diet



A healthy diet is one that helps maintain or improve health. It is important for the prevention of many chronic health risks such as: obesity, heart disease & diabetes.

A balanced diet must contain Carbohydrate, Protein, Fat, Vitamins, Mineral, Salts and Fiber. It must contain these things in the correct proportions.



To have a balanced diet we must have the items below in the correct proportions.

1. **Carbohydrates:** These provide a source of energy
2. **Proteins:** These provide a source of materials for growth and repair
3. **Fats:** These provide a source of energy and contain fat soluble vitamins.
4. **Vitamins:** These are required in very small quantities to keep you healthy.
5. **Minerals:** These are required for healthy teeth, bones, muscles etc..
6. **Fiber:** This is required to help your intestines function correctly; if it is not digested.

## Carbohydrates

We obtain most of our carbohydrate in the form of starch.  
The best sources for good

### Nutrition Carbohydrates are

1. Whole grains
2. Fresh fruits
3. Beans, legumes, nuts and seeds
4. Vegetables



## Fats

### Common sources of different fats

#### Saturated :

Sources: red meats, butter, cheese, margarine, ghee (clarified butter), whole milk, cream, lard

#### Unsaturated Fats:

Sources: Almonds, Walnuts, Olive oil, Soyabean Oil, Groundnut Oil



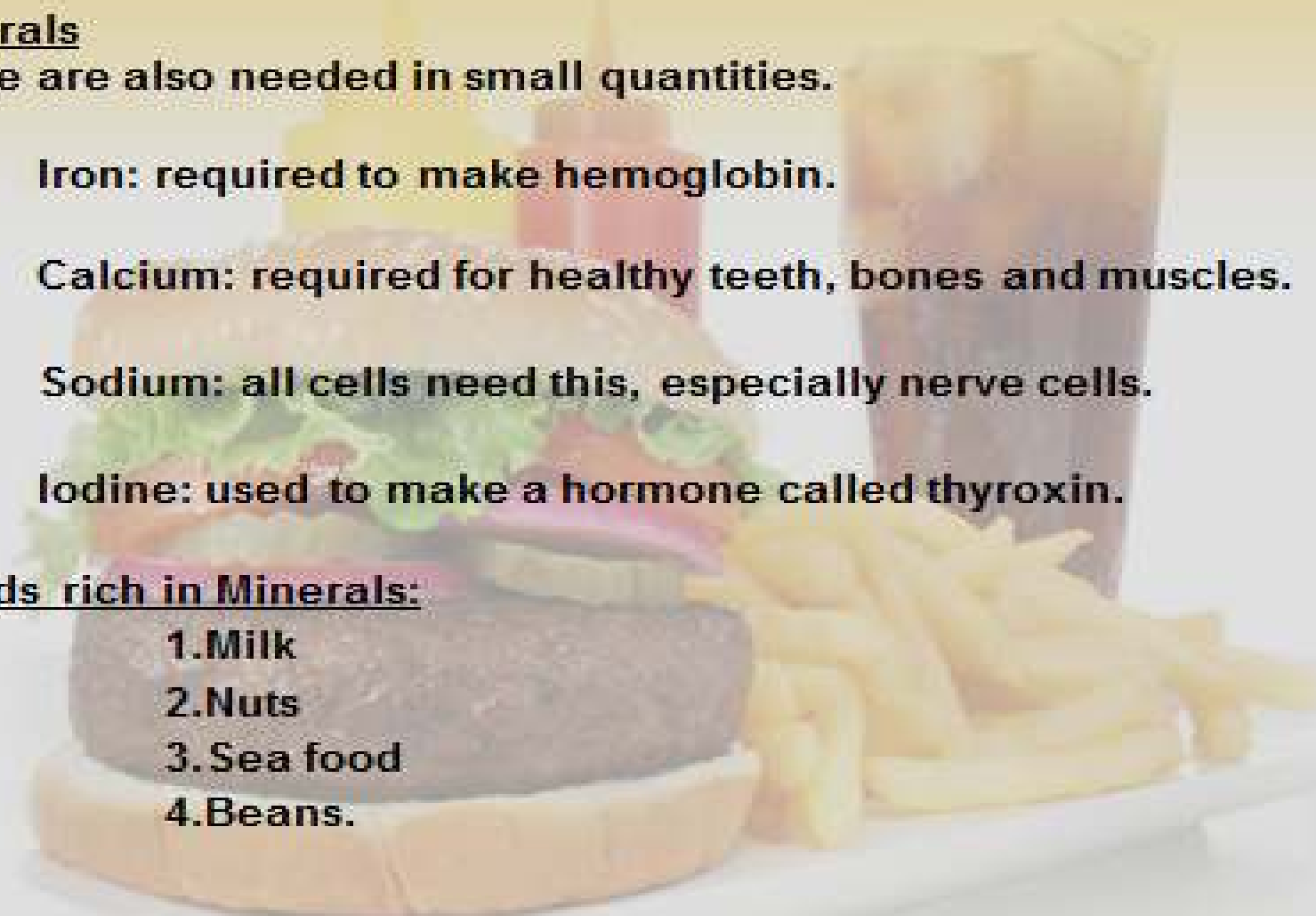
## Minerals

These are also needed in small quantities.

- **Iron:** required to make hemoglobin.
- **Calcium:** required for healthy teeth, bones and muscles.
- **Sodium:** all cells need this, especially nerve cells.
- **Iodine:** used to make a hormone called thyroxin.

## Foods rich in Minerals:

1. Milk
2. Nuts
3. Sea food
4. Beans.



## Vitamins

Vitamins are only required in very small quantities.

- a) Vitamin A: good for your eyes.
- b) Vitamin B: enhances immune & nervous system function
- c) Vitamin C: needed for your body to repair itself.
- d) Vitamin D: can be made in your skin, needed for absorption of Calcium.
- e) Vitamin E: helps to protect the functioning of cells

### Foods rich in vitamins:

- ❖ Vitamin A: carrots, carrots juice, spinach
- ❖ Vitamin B: rice, fish, pork
- ❖ Vitamin C: Green peppers, Citrus fruits and juices, Tomatoes
- ❖ Vitamin D: Fish, Oysters, dairy products.
- ❖ Vitamin K: soya beans, onion, cabbage, cauliflower.
- ❖ Vitamin E: Corn, Nuts, Green leafy vegetable



## Proteins

Proteins are required for growth and repair

### Food rich in proteins:

- ❖ Fish
- ❖ Milk
- ❖ Chicken
- ❖ Egg



## Fiber

If you do not eat foods materials which contain fiber you might end up with problems of the colon and rectum. The muscles of you digestive system mix food with the digestive juices and push food along the intestines by peristalsis; if there is no fiber in your diet these movements cannot work properly.

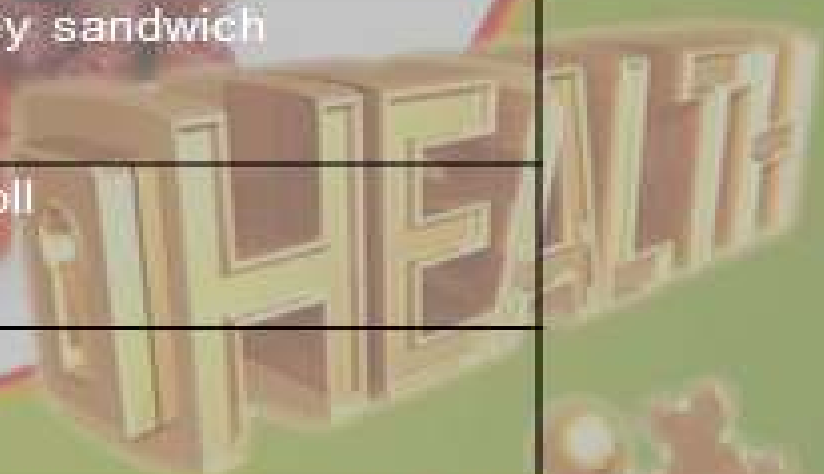


### High fiber foods:

1. Bananas
2. Pears
3. Apples
4. Oranges
5. Spinach, Broccoli
6. Green Peas, Beans
7. Cabbage
8. Potatoes

# BALANCED DIET CHART

BREAKFAST	MID MORNING
Tea/Coffee Chapatis with Egg omelette	Fruit
Oats/Cornflakes with milk	Fruit juice
Tea/Coffee Idlis/Dosa with Sambhar + Chutney	Chutney sandwich
Tea/Coffee Upma / Poha	Veg Roll
Tea/Coffee Veg Sandwich	Poha



## LUNCH

Rice, Curry, Fish, Vegetable, Salad

Chapatis, Dal/Rajma/Chana, Vegetable, Salad

Rice, Dal, Curd, vegetable, Salad

Chapatis, Fish/Chicken, Vegetable, Salad

Rice, Dal/Paneer/Fish, Vegetable, Salad

## EVENING

Tea  
Digestive biscuits

Tea  
Veg Sandwich

Tea  
Bun

Tea  
Sheera

Tea  
Poha

## DINNER

Chapatis, /Fish/Chicken/  
Dal, vegetable

Whole wheat  
pasta/Noodles, stir fry  
veg

Chapatis, Dal/Rajma/  
Chana/Paneer,  
vegetable

Chapatis/Rice, Fish/  
Dal/Moong/Chana,  
vegetable

Wheat bread/Chapatis,  
Fish/Chicken/Chana/  
Dal, vegetable

# DIET FOR OSTEOARTHRITIS



- Consume foods rich in Vitamin C
- Have foods rich in Vitamin D
- Choose foods that contain Beta Carotene
- Focus on foods with omega-3 fatty acids

# DIET FOR DIABETES

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- Choose high fibre slow release carbohydrates
- Consume low GI foods
- Eat good quality proteins
- Choose the good fats



# DIET FOR HYPERTENSION

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- Cut down on high sodium foods
- Potassium has an important role in blood pressure treatment
- Consume high fibre foods like whole grains, fruits & vegetables
- Consume good quality proteins and fats
- Maintain Ideal Body weight

# DIET FOR DYSLIPIDEMIA



- Eat foods that are low in refined carbohydrates
- Select lean cuts of meat. Always eat poultry with the skin removed
- Choose dairy products that are low fat or fat free
- Choose unsaturated fats instead of saturated fats

# ANTI -CANCER DIET

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- Focus on plant based foods
- Bulk up on fibre
- Cut down on meat
- Choose your fats wisely
- Choose cancer fighting foods
- Prepare your food in healthy ways







# CONCLUSION



- As you can see a *balanced diet* is imperative to maintaining a healthy body
- Generalized guidelines have been established to aid people in obtaining a good diet
- *Vitamins and minerals* are required in small amounts to carry out a variety of essential specific functions

- **Carbohydrates and Fats** are the main **fuel** that the body runs on, whilst **protein** is needed in adequate amounts for growth and repair
- The diet must also provide adequate quantities of essential fatty acids and amino acids which are required for the body to metabolize into proteins and are fundamental for health
- *Over eating* of one food group is considered to be a form of *malnutrition* because the diet is not balanced



**THANK YOU**

