

BALANCED DIET

A balanced diet may be defined as one which contains various groups of food stuffs such as energy yielding foods(meat,fish egg, milknuts and and oil seeds, pulses, soybean etc.) and protective foods (cereals, fat and oils, sugar, jiggery, roots and tubers etc.) body building foods (meat, fish, egg, milk, nuts and oil seeds, pulses, soybean etc.) and protective foods (vegetables, fruits, honey, nutsetc). in correct proportions. So that an individual is assured of obtaining minimum requirement of all nutrients.

The components of balanced diet will differ according to age, sex, physical activity, economic status etc.

The food habits and availability of foods also needs to be taken into consideration while planning balanced diets.

Factors to be considered while planning balanced diet

The meal must be adequate to meet the physiological, psychological & social requirements of the individual or the family.

Nutritional adequacy- means that diet must be adequate with respect to nutrients. The factors that affect nutrient requirement such as age, sex, occupation, etc should be taken into account.

Meal pattern should fulfill the family or individual needs. Meal pattern should provide variety.

To ensure this different food groups should be judiciously selected/chosen so as to meet the dietary requirements as well as to provide variety in terms of combinations of color, texture, taste, flavour and consistency.

Provide acceptable time gap between each meals.

Prefer easy methods of cooking that save time, energy, nutrients etc.

Make the best use of locally available, seasonal and culturally acceptable foods. Religion, tradition and customs of food habits may be considered while selecting foods. The economic condition of the family is important.

Minimize the use of spices and condiments. Avoid substances that provided empty calories Include raw foods also.



IHM NOTES