

Balanced Diet

A **balanced diet** can be rightly defined as one which contains different types of foods in such amounts and proportions that the requirements for calories, vitamins, proteins, minerals and other nutrients is adequately met, in order to help in proper functioning and development of the body.

Taking into account the foods which commonly form part of Indian diets, the balanced diets have been suggested for various age groups of the population.

A balanced diet may be based on various items of food derived from each of the food groups, namely, foods that supply energy, proteins, vitamins and minerals and foods that supply fiber.

IDEAL DIET

A good diet is low in fat, cholesterol, sodium and sugars; and high in vegetables, fruits, beans, nuts and whole grains. Eating well can make a real difference in your health and longevity.

An ideal diet

- Daily, drink at least 8 glasses of water /water-based beverages.
- Include 2 to 4 servings of fruits each day.
- Include 3 to 5 servings of vegetables each day.
- Include 2 to 3 servings per day of calcium rich dairy products like milk, yogurt and cheese group.
- Include 2 to 3 servings per day of high-protein foods like fish, poultry, meat, dry beans, eggs and nut groups.
- Include 3-6 servings per day of Whole grain foods like rice, bread, cereal etc.
- Include 20 to 30 grams of fiber like oats, wheat bran, raisins, vegetables, grains etc. each day.
- Use fats, oils and sweets sparingly for energy.
- Limit salt and alcohol consumption.

Food Stuffs best for you



Vegetables and fruits - 9 half cup servings a day i.e. 5 servings of vegetables and 4 servings of fruits. At least 5 servings per day is a must.

Beans - Eat more beans, five or more times a week. It is the highest source of fiber.



Nuts - Eat nuts regularly, two table spoon a day five times a week.

Whole grain foods - 3 to 6 servings a day. Have whole grain foods not refined ones.



Calcium rich foods - Have 2 to 3 servings of calcium rich foods like milk, yogurt, cheese, orange juice or soy milk every day.

Eat fish twice a week, especially Salmon, Sardines, Mackerel, Herring etc. rich in Omega-3 fatty acid. Limit your meat and egg consumption (up to 4 eggs a week).



Along with the above diet, drink 8 glass of water a day and try to limit your alcohol and sweet consumption.

For individuals who cannot or do not consume an adequate variety of foods, a multivitamin/ multi-mineral supplement may be beneficial. Along with the multivitamin/mineral supplement, 400 IU of Vitamin E, 100-500 mg of Vitamin C and 500 mg of Calcium (for people under 50 years) or 1000 mg (for people over 50 years) would be beneficial.

NOTE:

One serving of fruits: 1 medium apple, orange or banana; 1 slice of melon; 3/4 fruit juice.

One serving Vegetable: 1 cup raw leafy greens, 1/2 cup cooked vegetables, 3/4 cup vegetable juice.

One serving of dairy: 1 cup milk or yogurt; 1 cup calcium fortified orange juice; 1 ounce reduced fat cheese.

One serving of meat: Poultry, or fish-2-3 ounces, count 1/2 cup cooked beans; 1egg; 2 table spoon nuts or peanut butter.

One serving of grains: 1slice whole wheat bread; 1 ounce cold cereal; 1/2 cup cooked cereal or rice; 1small roll biscuit; 2large crackers.