



VITEBSK STATE MEDICAL UNIVERSITY



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4TH YEAR GROUP 52

(ФПИГ)

THE BALANCED DIET AND HEALTH

What is a balanced diet?

A balanced diet is one that gives your body the nutrients it needs to function correctly. To get the proper nutrition from your diet, you should consume the majority of your daily calories in:

- fresh fruits
- fresh vegetables
- whole grains
- legumes
- nuts
- lean proteins



Why a balanced diet is important?

A balanced diet is important because your organs and tissues need proper nutrition to work effectively. Without good nutrition, your body is more prone to disease, infection, fatigue, and poor performance. Children with a poor diet run the risk of growth and developmental problems and poor academic performance, and bad eating habits can persist for the rest of their lives. Rising levels of obesity and diabetes in the world are prime examples of the effects of a poor diet and a lack of exercise.

☆ The 4 of the top 10 leading causes of death in the are influenced by diet.
These are:



• Heart Disease



• Cancer



• Stroke



• Diabetes

What should balance diet constitute?

A balanced diet must contain carbohydrate, protein, fat, vitamins, mineral salts and fiber. It must contain these things in the correct proportions.

- Carbohydrates** : these provide a source of energy.
- Proteins** : these provide a source of materials for growth and repair.
- Fats** : these provide a source of energy and contain fat soluble vitamins.
- Vitamins** : these are required in very small quantities to keep you healthy.
- Mineral Salts** : these are required for healthy teeth, bones, muscles etc...
- Fiber** : this is required to help your intestines function correctly. It is not digested.

Balanced Diets: we must have the above items in the correct proportions.

Make most of your meal vegetables and fruits - 1/2 of your plate: Aim for color and variety

Go for whole grains - 1/4 of your plate:

Whole and intact grains-whole wheat, barley, wheat berries, quinoa, oats, brown rice, and foods made with them, such as whole wheat pasta-have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains.

Protein power - 1/4 of your plate:

Fish, chicken, beans, and nuts are all healthy, versatile protein sources - they can be mixed into salads, and paired well with vegetables on a plate. Limit red meat, and avoid processed meats such as bacon and sausage.

Healthy plant oils - in moderation:

Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils, which contain unhealthy trans fats. Remember that low-fat does not mean 'healthy.'

