

BALANCED DIET



Centurion
UNIVERSITY

Shaping Lives...
Empowering Communities...

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1. Balanced diet.



- A balanced diet is **a diet that contains differing kinds of foods in certain quantities and proportions**
- so that the requirement for calories, proteins, minerals, vitamins and alternative nutrients is adequate.
- and a small provision is reserved for additional nutrients to endure the short length of leanness.

a. Nutritionally adequate diet should be consumed through a wise choice from a variety of foods.



- Nutrition is a basic prerequisite to sustain life.
- Variety in food is not only the spice of life but also the essence of nutrition and health.
- A diet consisting of several food groups provides all the required nutrients in proper amounts.
- Cereals, millets and pulses are major sources of most nutrients.

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- Milk which provides good quality proteins and calcium must be an essential item of the diet, particularly for infants, children and women.
- Use a combination of whole grains, grams and greens.
- Include jaggery or sugar and cooking oils to bridge the calorie or energy gap.
- Prefer fresh, locally available vegetables and fruits in plenty.

2. Malnutrition



- Malnutrition is a serious condition that happens when your diet does not contain the right amount of nutrients.
- It means "**poor nutrition**" and can refer to:-
- Under-nutrition – not getting enough nutrients.
- Over-nutrition – getting more nutrients than needed.

a. Signs and symptoms of malnutrition



❖ **Common signs of malnutrition include:-**

- a lack of interest in eating and drinking.
- feeling tired all the time.
- feeling weak.
- Getting ill often and taking a long time to recover.
- in children, not growing or not putting on weight at the expected rate.

(b).Treatments for malnutrition



- Treatment for malnutrition depends on your general health and how severely malnourished you are.
- The first dietary advice is usually to:-
- Eat "fortified" foods that are high in calories and protein.
- Snack between meals.
- Have drinks that contain lots of calories

3. Nutrition deficiency diseases



- A deficiency of one or more essential vitamins.
- nutritional disease :-
- **Any of the nutrient-related diseases and conditions that cause illness in humans.**
- They may include deficiencies or excesses in the diet, obesity and eating disorders, and chronic diseases.

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- Such as :-
- 1. Cardiovascular disease.
- 2. Hypertension.
- 3. Cancer.
- 4. Diabetes mellitus.

4. ill effects of junk foods



- **Harmful Effects of Junk Food**
- Obesity. One of the most common and perceivable effects of junk food is a rise in obesity in an individual..
- Learning and memory problems. ...
- Loss of appetite and digestion. ...
- Mental impact leading to depression. ...
- Inadequate growth and development.

5. Calorific and nutritive values of various foods.



- **Nutritional value** or **nutritive value** as part of food quality is the measure of
- a well-balanced ratio of the essential :-
- Nutrients :- carbohydrates, fat, protein, minerals, and vitamins
- In items of food or diet concerning the nutrient requirements of their consumer.

a. Values of various foods



Food Group	Carbohydrates (Grams)	Calories
1. (Milk)	-	-
a. Chocolate milk (1 cup)	26	208
b. Skim milk (1 cup)	12	121
2. (Beans)	-	-
a. Black eye peas (1/2-cup)	22	134
b. Garbanzo beans (chick peas) (1 cup)	45	269
3. (Fruits)	-	-
a. Apple (1 medium)	21	81
b. Banana (1)	27	105
4. (Vegetables)	-	-
a. Carrot (1 medium)	08	31
b. Corn (1/2 cup)	21	89

THANK YOU