

BALANCED DIET

HEALTHY DIET



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DEFINATION OF 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

About calories

The number of calories in a food is a measurement of the amount of energy stored in that food. Your body uses calories from food for walking, thinking, breathing, and other important functions.

The average person needs to eat about 2,000 calories every day to maintain their weight. However, a person's specific daily calorie intake can vary depending on their age, gender, and physical activity level. Men generally need more calories than women, and people who exercise need more calories than people who don't.

MAJOR COMPONENTS OF BALANCED DIET

PROTEIN;

PROTEIN IS A KEY FACTOR IN CREATING A BALANCED DIET. PROTEINS ARE THE BUILDING BLOCKS OF LIFE, NECESSARY FOR THE DEVELOPMENT, REPAIR AND MAINTENANCE OF YOUR BODY'S CELLS.

CARBOHYDRATE;

Carbohydrates play an essential role in a balanced diet. Your body breaks down carbohydrates into glucose, or blood sugar, which is used for energy. All carbohydrates, however, do not contribute to a healthy diet.

FATS;

Fats are another important element of a balanced diet. They are necessary for the performance of important functions like absorption of fat-soluble vitamins A, D, E and K .

VITAMINS;

Vitamins are a class of organic nutrients that cannot be made by your body. Although only small amounts are needed, they are essential for your overall good health. Vitamins release energy, build cells and assist in the development of collagen, which helps heal wounds and support blood vessel walls.

MINERALS;

Minerals are inorganic substances needed by your body in tiny amounts. A key function of major minerals, such as sodium, chloride and potassium, is to maintain proper water balance in your body.

WATER;

Water is not only a major element of a balanced diet, but it's essential for survival. It comprises about 60 percent of your body's weight. Your body depends on water for important functions like carrying nutrients to cells and flushing toxins from your body.

ADVANTAGES OF BALANCED DIET

CONTROL BODY WEIGHT

Eating a healthy variety of nutrient-dense foods leaves less room for those calorie-dense foods that typically lead to weight gain. These would be such foods as, processed foods and fatty or sugary snacks that provide little nutritional value. The body has little use for these foods and will tend to store rather than use them for energy.

Fight Off Disease

When eating a balanced diet, essential nutrients will produce and help maintain key germ-fighting cells in the immune system, and greatly improve vascular function. The immune system relies heavily on blood flow, so better vascular function will help provide disease fighting cells to areas of need quickly.

Have More Energy

The food we eat has a tremendous impact on the energy we have throughout the day. Nutrient-dense foods will digest and therefore be released into the system over a longer period of time. On the other hand, easily digestible food (sugary/simple carbohydrates) will digest much quicker, causing the body to feel hungry again in a much shorter time frame.

Sleep Better

There are few things our bodies need more than sleep. It allows our muscles to recover and replenish from the day's activities and workouts. Sleep will rejuvenate the brain and its ability to function at a high level for the next day.

More Brain Power

What could possibly be more important than our brains? We have an opportunity to keep it healthy and functioning at a high level based on our eating habits. Omega 3 fatty acids provide a number of important benefits, such as improved memory and the ability to learn.

FACTORS EFFECTING BALANCED DIET

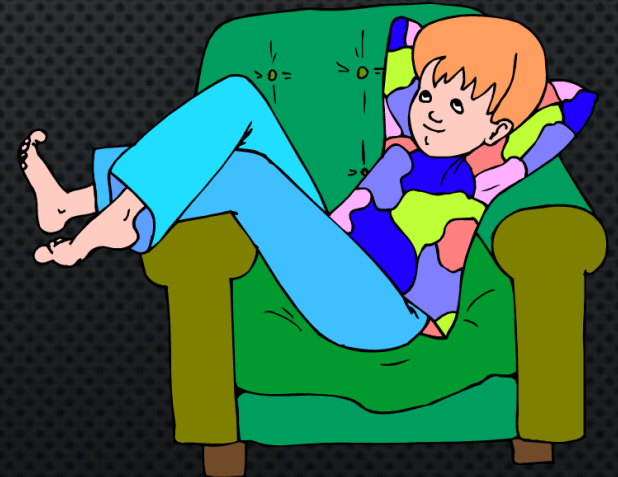
1. SEX

2. AGE

3. HEALTH

(ANY DISEASE OR SO)

4. PHYSICAL
ACTIVITY
= HEAVY WORKER
= MODERATE
WORKER
= SEDENTARY
WORKER



5. CLIMATE AND
SEASON

6. SPECIFIC
PHYSICAL
CONDITION
= PREGNANCY
= LACTATION



JUNK FOOD: A MAJOR PROBLEM



WHY NOT JUNK FOOD?

Causes Memory Problems

A noted study showed that healthy people who ate junk food for more than five days performed badly on cognitive tests that involved mood, speed and attention

Lessens The Ability To Control The Appetite

Too much consumption of trans fats found in processed foods and fried foods can send mixed signals to the brain, which makes it difficult to process how much hungry you are and what have you eaten.

Increases Dementia Risk

A study has shown that excess amounts of fatty acid and sweets can substantially increase the insulin levels in the body.

It Can Lead To Depression

Consuming foods high in fat and sugar changes the chemical activity of the brain. This could lead to withdrawal symptoms that involve the inability to deal with stress, and hence it makes you depressed

Impatient And Uncontrollable Cravings

Junk food is filled with refined carbohydrates, which fluctuates your blood sugar levels. If your sugar level is very low, it can cause anxiety, fatigue and confusion.

Causes Impaired Digestion

One of the junk food effects on the stomach is that it causes digestive problems like gastroesophageal reflux disease (GERD) and irritable bowel syndrome (IBS).

Increases The Risk Of Heart Disease

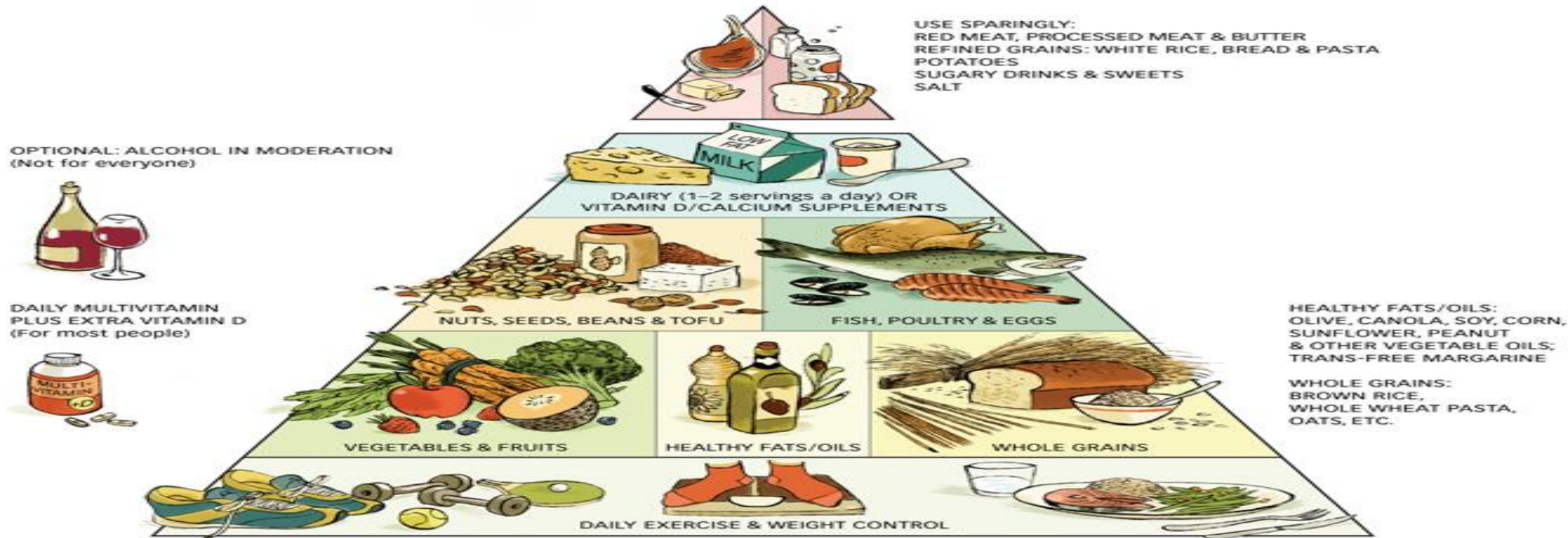
Junk foods escalate the cholesterol and triglyceride levels, which are major risk factors for the development of heart disease.

FOOD PYRAMID

Click on this image to download a large PDF of the Healthy Eating Pyramid, or scroll down to read more

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



For more information about the Healthy Eating Pyramid:
WWW.THE NUTRITION SOURCE .ORG

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Eat, Drink, and Be Healthy
by Walter C. Willett, M.D. and Patrick J. Skerrett (2005)
Free Press/Simon & Schuster Inc.

Recommended Dietary Allowance (RDA)

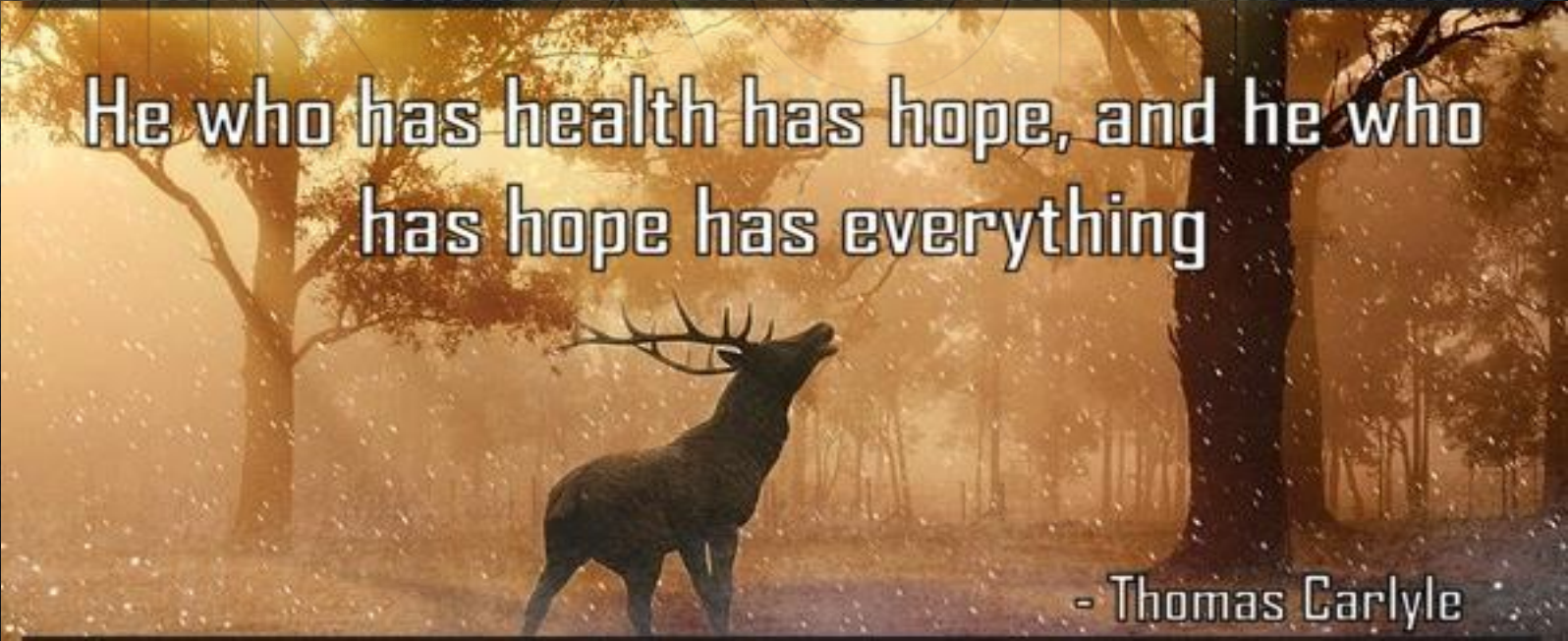
Weight		Height		ENERGY (kcal)	PROTEIN (g)	VITAMIN A (µg)	VITAMIN D (µg)	VITAMIN E (mg)	VITAMIN K (µg)	VITAMIN C (mg)	THIAMIN (mg)	RIBOFLAVIN (mg)	NIACIN (mg)	VITAMIN B ₆ (µg)	FOLATE (µg)	VITAMIN B ₁₂ (mg)	CALCIUM (mg)	PHOSPHORUS (mg)	MAGNESIUM (mg)	IRON (mg)	ZINC (µg)	IODINE (µg)	SELENIUM (µg)	
kg	lb	cm	inch																					
Males																								
11-14	45	99	157	62	2500	45	1000	10	10	45	50	1.3	1.5	17	1.7	150	2.0	1200	1200	270	12	15	150	40
15-18	66	145	176	69	3000	59	1000	10	10	65	60	1.5	1.8	20	2.0	200	2.0	1200	1200	400	12	15	150	50
19-24	72	160	177	70	2900	58	1000	10	10	70	60	1.5	1.7	19	2.0	200	2.0	1200	1200	350	10	15	150	70
25-50	79	174	176	70	2900	63	1000	5	10	80	60	1.5	1.7	19	2.0	200	2.0	800	800	350	10	15	150	70
51+	77	170	173	68	2300	63	1000	5	10	80	60	1.2	1.4	15	2.0	200	2.0	800	800	350	10	15	150	70
Females																								
11-14	46	101	157	62	2200	46	800	10	8	45	50	1.1	1.3	15	1.4	150	2.0	1200	1200	280	15	12	150	45
15-18	55	120	163	64	2200	44	800	10	8	55	60	1.1	1.3	15	1.5	180	2.0	1200	1200	300	15	12	150	50
19-24	58	128	164	65	2200	46	800	10	8	60	60	1.1	1.3	15	1.6	180	2.0	1200	1200	280	15	12	150	55
25-50	63	138	163	64	2200	50	800	5	8	65	60	1.1	1.3	15	1.6	180	2.0	800	800	280	15	12	150	55
51+	65	143	160	63	1900	50	800	5	8	65	60	1.0	1.2	13	1.6	180	2.0	800	800	280	10	12	150	55
Pregnant					+300	60	800	10	10	65	70	1.5	1.6	17	2.2	400	2.2	1200	1200	320	30	15	175	65
Lactating																								
1st 6 mo.					+500	65	1300	10	12	65	95	1.6	1.8	20	2.1	280	2.6	1200	1200	355	15	19	200	75
2nd 6 mo.					+500	62	1200	10	11	65	90	1.6	1.7	20	2.1	260	2.6	1200	1200	340	15	16	200	75



Suggested Meal Ideas for Weight loss Program

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Sunday	1 medium size boiled Potatoes + 1 cooking spoon tomato egg sauce	1 orange	2 cooking spoons Vegetable or okro soup + Pounded yam(2 table tennis size)	6 cubes pawpaw	2 cooking spoons Guinea fowl or Chicken peppersoup (2 pieces chicken)
Monday	1 wrap Moin moin + Water	2 pieces carrots	1 cooking spoon each of Rice and Beans + tomatoe peppersoup(oil less stew)	2 pieces Garden Eggs	2 cooking spoons Macaroni + minced Chicken stew + green tea
Tuesday	2 cooking spoons boiled Oats + 1 boiled Egg	1 Banana	1 wrap Moin moin + 2 cooking spoons Stir fried vegetables	1 cup low fat yoghurt	2 cooking spoons Edikang Ikong soup
Wednesday	1 cooking spoon Minced chicken stew + half boiled plantain	1 bowl fruit salad	1 cooking spoon fried rice+ coleslaw without mayonnaise.	1 medium piece Cucumber	2 cooking spoons Fish pepper soup(1 piece of fish)
Thursday	1 slice whole wheat bread +2 boiled eggs +tea with skimmed milk	1 cup low fat yoghurt	2 cooking spoon vegetable unripe plantain pottage	1 Apple	2 cooking spoons okro soup
Friday	1 segment grilled spicy Mackrel fish + 1 slice whole wheat bread + tea with skim milk.	1 medium size orange	2 cooking spoons Spaghetti + Minced Chicken stew + 2 cooking spoon steam carrot/ cabbage	1 medium piece Cucumber	1/2 Grilled Chicken breast + 1 medium size boiled potato+ 1 cooking spoon boiled carrot + 1 tablespoon stew
Saturday	1 cooking spoons Beans pottage +half boiled plantain	2 pieces Carrots	1 cooking spoons Jollof rice + 2 cooking spoons steam carrot/cabbage	10 pieces boiled groundnuts	2 cooking spoons Fish pepper soup(1 piece of fish)

THANK YOU



He who has health has hope, and he who
has hope has everything

- Thomas Carlyle