

Topic :-



Balanced Diet

Applied Nutrition and Dietetics

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**Balanced
diet**



A Balanced Diet is a diet that contains all the nutrients required by the body in appropriate amounts.

It means — it includes energy-giving foods, body-building foods, and protective foods in the right proportion.



This helps our body stay
healthy, strong, and
active.

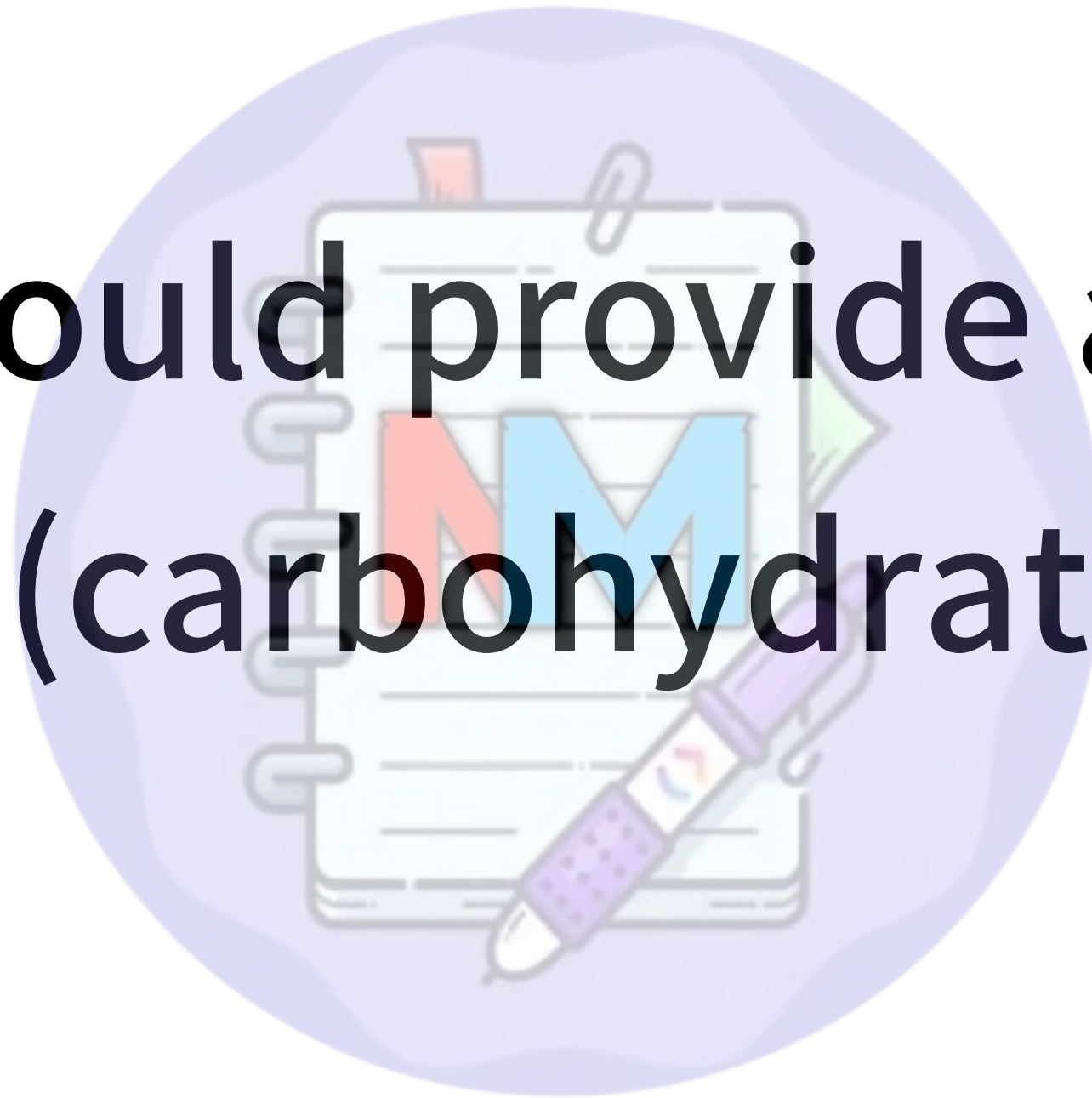
**What is
Balanced
diet?**



(1). Should provide adequate energy (carbohydrates & fats).

(2). Should contain body-building foods (proteins).

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(3). Should provide protective foods (vitamins, minerals, antioxidants).

(4). Should include dietary fibre for digestion.

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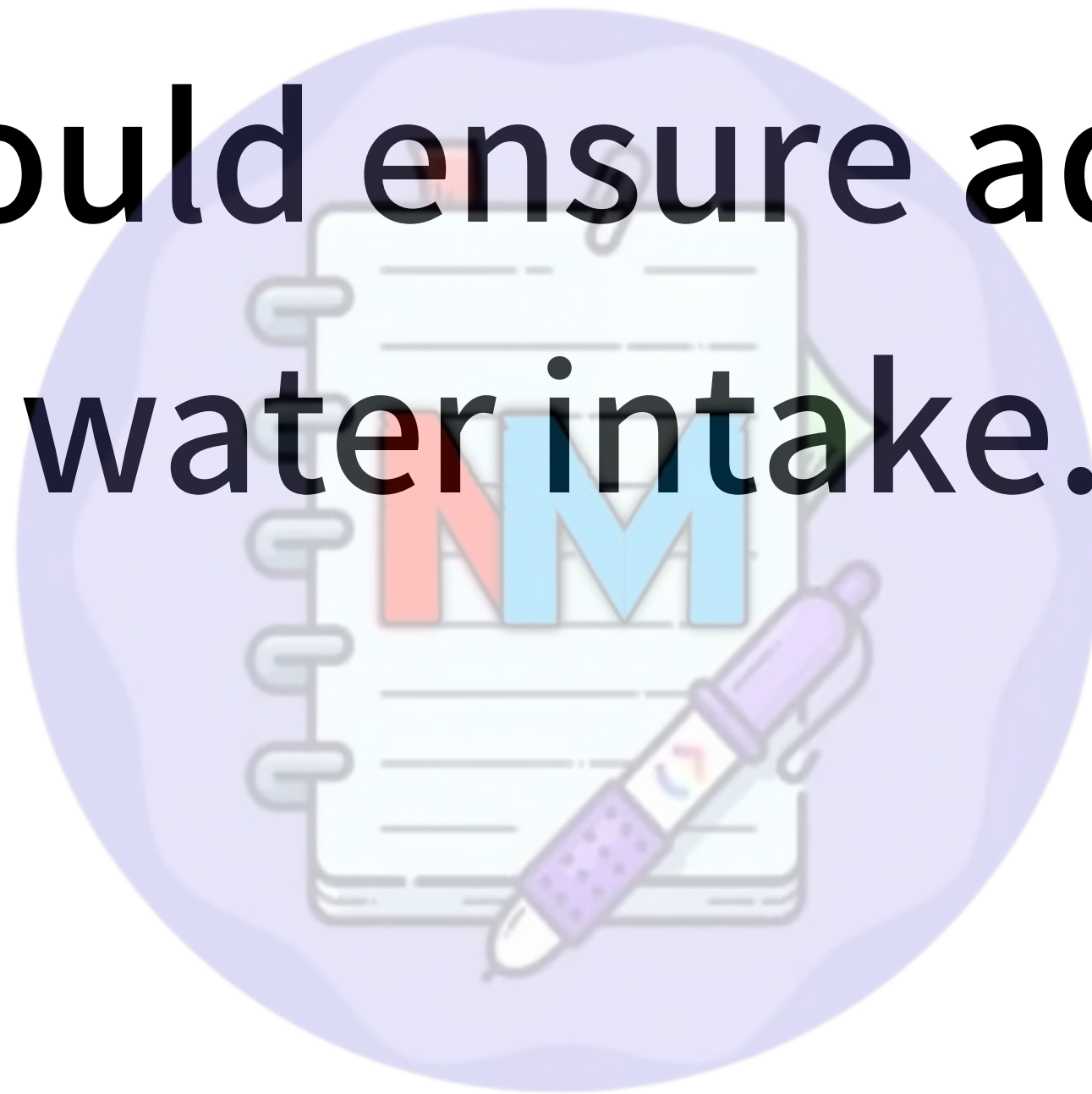
(4). Should include dietary fibre for digestion.



(5). Should ensure adequate water intake.

(6). Should be palatable, affordable, and culturally acceptable.

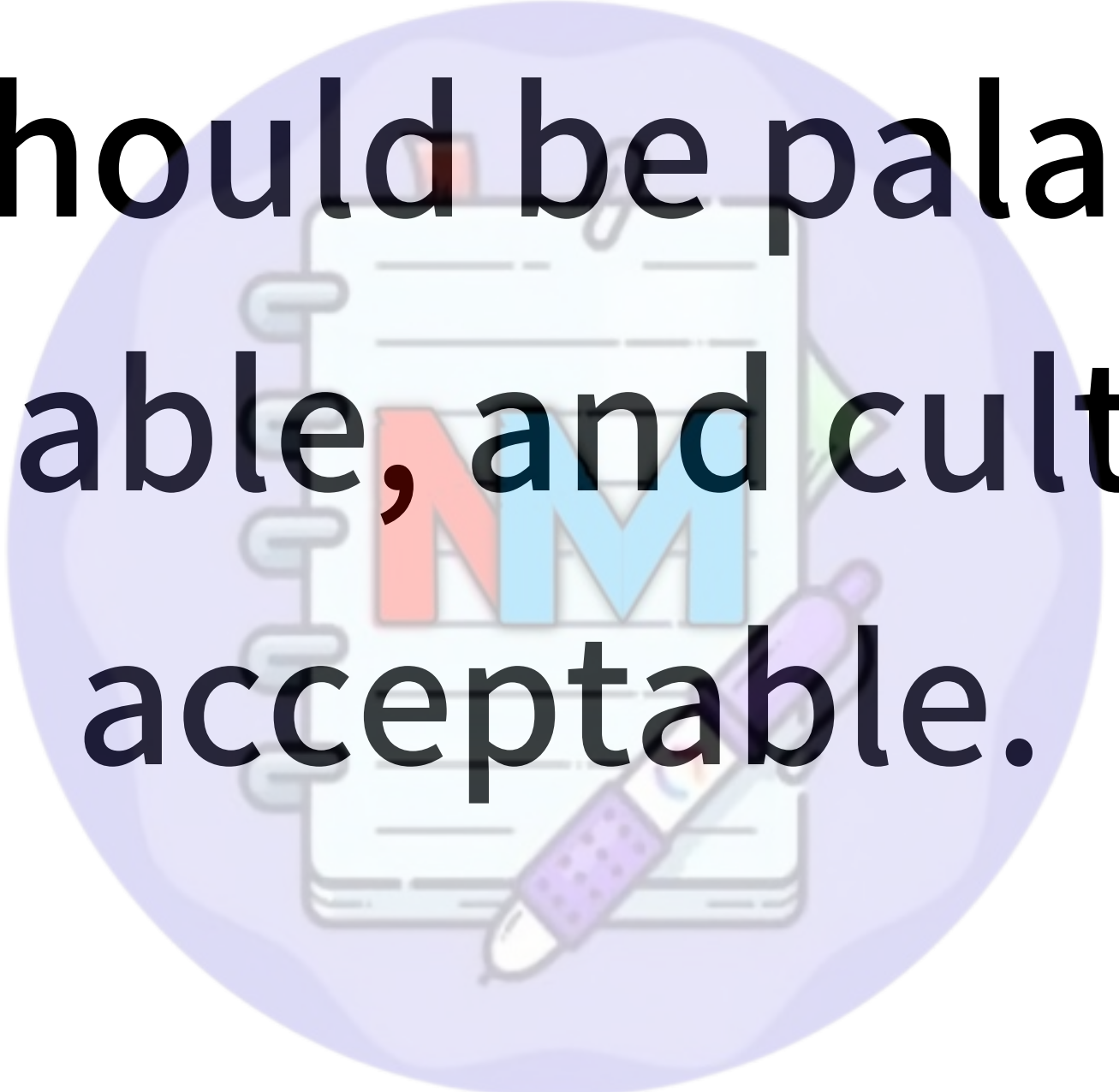
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A faint background graphic consisting of a light purple circle. Inside the circle is a stylized illustration of a spiral-bound notebook with a white cover and a purple pen resting on it. The notebook has some text on its pages, including the letters 'NM' in large, colorful font.