



# Balanced Diet and A to Z to remain Healthy



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## Opinion

Nutrition is very important requirement of an individual for maintaining normal levels of health. Adequate nutrition helps in performing daily living activities and also in keeping each organ of body in good working condition. For keeping the body healthy, proper amount of diet is to be taken by the individual and the diet should be rich in all essential nutrients required by the body i.e. a balanced diet is very much important for healthy body mechanism. The balanced diet helps in:

1. Prevention of diseases.
2. Promotion of health.
3. Fighting diseases.
4. Treating and curing disease.

Balanced diet is essential requirement of maintaining health, like:

1. Inadequate amount of diet

Diet lacking certain nutrients.



Nutritional deficiency disease like

Protein energy mal-nutrition.

2. High diet intake



High calorie diet intake.

Leads to obesity and coronary artery disease.

If we talk about diet, it should contain each nutrient i.e. Macro or Micro nutrient in a balanced quantity.

## A TO Z to Remain Healthy

- A: Avoid eating between the meals.

B: Breakfast; drink water before breakfast, have healthy protein rich breakfast.

C: Calories; choose right amount of calories for each meal.

D: Drink adequate water 7 to 8 glasses of water per day.

E: Exercise every day.

F: Fruits should be included in your dietary plans.

G: Go for health check-ups.

H: Harmful foods; fast food, soft drinks to be avoided.

I: Includes different variety of food in your meal.

J: Judge your meal plans not your food.

K: Kill talks during eating.

L: Look for your blood levels.

M: Masticate food properly.

N: Never eat in excessive quantity.

O: Opt for fasting at least once a week.

P: Protect your health by building healthy habits.

Q: Question your selection of food.

R: Remember excess beverages are un-healthy.

S: Spices are to be limited in diet.

T: Turn to food on time.

U: Un-cooked food; food not cooked properly as per requirement should not be consumed.

V: Value your health when you are healthy.

W: Watch for your body weight.

X: Extra activities should be avoided.

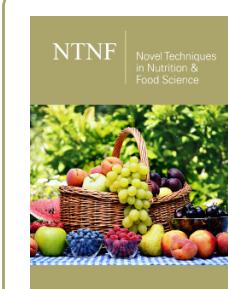
Y: Yet to achieve; always think goal to be healthy is yet to be achieved.

Z: Zero figure; don't diet too much to look thin and skinny.



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