**A BALANCED DIET**

**WHAT IS A BALANCED DIET?**

A balanced diet gives your body the nutrients it needs to function correctly.

**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 healthy diet** is a diet that helps maintain or improve overall health. A healthy diet provides the body with essential nutrition: fluid, macronutrients, micronutrients, and adequate food energy.

To get the nutrition you need, most of your daily calories should come from:

* Fresh fruits.
* Fresh vegetables.
* Whole grains.
* Legumes.
* Nuts.
* Lean proteins.
* Healthy fats.

**WHY A BALANCED DIET IS IMPORTANT?**

A balanced diet supplies the nutrients your body needs to work effectively. Without balanced nutrition, your body is more prone to disease, infection, fatigue, and low performance.

Children who don’t get enough healthy foods may face growth and developmental problems, poor academic performance, and frequent infections. They can also develop unhealthy eating habits that may persist into adulthood.

Without exercise, they’ll also have a higher risk of obesity and various diseases that make up metabolic syndrome, such as type 2 diabetes and high blood pressure.

**BOTTOM LINE**

A varied and healthy diet is usually one that contains plenty of fresh, plant-based foods, and limits the intake of processed foods.

If you have questions about your diet or feel that you need to lose weight or change your eating habits, schedule an appointment with your doctor or a nutritionist.

They can suggest dietary changes that will help you get the nutrition you need while promoting your overall health.