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Balanced diet and nutritional recommendation

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Abstract

It is well known that health is in large part depended on diet. Inadequate nutrition causes health issue. Major nutrients that our body wants are unit proteins, carbohydrates and fats. These offer the body with energy for numerous functions like beating of heart, The purpose of this study was to examine the effect of alterations in diet composition on energy expenditure and nutrient balance in humans. Research can be focus on the following areas; variability in diet and foods; healthy growth and development and reproduction healthy nutrition related behaviors and food.

Keywords: Balanced diet, food group, vitamins, minerals, nutritional recommended

Introduction

A balanced diet is one which includes a variety of food in adequate amount and correct proportion to meet. The daily requirements of all essential nutrients such as Protein, Carbohydrate, Fat, Vitamins, Minerals, Water and Fiber. Such a diet helps to promote and preserve good health and also provides a safety margin or reserve of nutrients to withstand short durations of emergency. A balanced diet takes care of the following aspects. It includes a variety of food items, It meets the RDA for all nutrients, Nutrients are included in correct proportion, provides a safety margin for nutrients, It promotes and preserves good health, Maintains acceptable body weight for height.

A healthy life is not possible without a balanced diet. The population health only for about 1015% depends on the quality of the health care. The genetic factors and environment are not of less importance. However the most significant influence on our health has our way of life.

Those college writers, trying their best to write a decent research paper on balanced diet, have to know that for healthy living human body needs good nutrition. We need Water, because our cells predominantly consist of liquid. Proteins, minerals substances is the building material for cells and tissues. Fat, carbohydrates are energy sources. Vitamin, trace elements thanks to them, there is metabolism [1].

In balance diet the basic food group are consists of a number of foods which have common characteristics. These common features may be the source of food. Physiological function performed or the nutrients present. On the basis of source of food. At least fourteen group can be identified e.g. cereals, pulses, milk and milk products, eggs, flesh foods, nuts and oilseeds, sugar and sweeteners, fats and oils, root vegetables, other vegetables, green leafy vegetables, fruits, condiments and spice and miscellaneous foods. This does not simplify the planning of balanced meals.

Cereal and millets group are consumed varies in different geographical areas and includes wheat, rice, maize and millets. Such as jowar, bajra, ragi and their products such as refined flour, semolina, broken wheat or dalia, parboiled rice, rice flakes or parched rice, puffed rice, popcorn, cornflake, vermicelli, pastas, bread and pizza other cereals are the nutrients provided are carbohydrates, partially complete proteins, fibre, B-complex vitamin, some are rich in iron or calcium.

Protein or body building food group are pulses, nuts, oilseeds such as Bengal gram, red gram, black gram, green gram, lentils, soya beans, sprouts, groundnuts, sesame, almonds are the nutrients provided are partially complete proteins, carbohydrates, iron, B-complex vit-B1' B2, niacin soya bean and oilseeds provide fat sprouts provide vit C. Milk and milk products such as whole milk, skim milk, curds, paneer, cheese, ice cream, butter milk, meat, fish, poultry, egg are nutrients provided complete protein, calcium, phosphorous,

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fat, vit A, B2, B12, cholesterol, protein, iron, B1 and niacin. Protective foods yellow, orange and red fruits and vegetables such as mango, papaya, carrots, pumpkin, green leafy vegetables such as spinach, fenugreek, colocasia. All citrus fruits guava, tomato, pineapple, amla nutrients provided are rich source of carotens, iron, folic acid, fibre other vitamin and minerals. Rich source of ascorbic acid.

Secondary protective food are All other fruits and vegetables not included in protective food group such as brinjal, beans, gourd vegetable lady's finger, potato, onion, yam, colocasia, redish, beetroot banana, apple, chikoo, grapes, melons, pears nutrients provided are carbohydrates, fiber small amount of vitamin and minerals.

Fat and oils, sugar and jiggery are All fats such as vanaspati, margarine, shortenings, fresh cream, non-dairy cream, butter, classified butter. All oils such as groundnut, corn, soya, rice, born, sesame, salad oil, olive oil, fish oil, sugar, jiggery, honey, jam, jellies, marmalade nutrient provided are calories, oils, vit-E, essential fatty acids, fats provide vit-A and D, only preserves give very small amounts of minerals.

Enough solid evidence now exists to offer women several fundamental strategies for healthy eating. They include emphasizing healthful unsaturated fat, whole grains, good protein "packages" and fruits and vegetable; limiting consumption of trans and saturated fat, highly refined grains, and sugary beverages; and taking a multivitamin with folic acid and extra vitamin D as a nutritional safety net. A diet based on these principles is healthy through virtually all life stages, from young adulthood through planning for pregnancy, pregnancy, and on into old age [2].

RDAs for specific nutrients the RDAs are expressed in metric unit such as kilocalorie (kcal), grams (g), milligrams (mg) and micrograms (ug). They are based on gender and activity levels such as sedentary, moderate and heavy. Calories in estimating the calorie requirements are adolescents age 2200kcal and adult 1900kcal – 3000kcal depending on physical activity, pregnant woman require 2200kcal and leactating woman 2600kcal. Protein are required for maintenance growth and in conditions of pregnancy and lactation. Adolescents 55g to 60g, adult 45g to 55g, pregnant woman 55g and lactating woman 65g. Fat provides the essential fatty acids such as linoleic, linolenic and arachidonic acid. Furter fats are essential for the absorption of fat soluble vitamin like vit-A, provitamin A (carotwne). The recommendations are adolescents 15 percent of total calories in the diet from fat, adults 10 percent of total calories in the diet from fat. Calcium the utilization of dietary calcium in human subjects varies from 15 to 20 percent depending on age and physiological state. Recommended by adolescents 0.5g to 0.6g, adults 0.4g to 0.5g and pregnant and lactating women 1.0g. The micro nutrients are phosphorus, iron, vitamin A, Thiamine, riboflavin, nicotinic acid, folic acid, vitamin B12 and vitamin D. It is vitamin and minerals are small quantity in the diet.

The scientific knowledge regarding dietary fat, carbohydrate and protein, and food for the youngest and oldest people, was presented by key, scientists in the field at a symposium arranged in Uppsala on 14 Dec 2006. The quality of fat and carbohydrates, rather than the total amount, was emphasized. It was more difficult, however, The preferred type of dietary protein. Recent dietary recommendations main activities and key message to the public in the Nordic countries and a 5 year programme to decrease spesented. Some practical aspects on how to implement the recommendations in the population were highlighted [3].

Several factors operate as cornerstones to enhance athletic

performance and optimize training adaptation including the consumption of a balanced nutrient and energy dense diet, prudent training, and obtaining adequate rest. Use of a limited number of nutrition supplements that research has supported to improve energy availability (e.g., sports drinks, carbohydrate, creating, caffeine, beta-alanine, ect.) and/or promote recovery (carbohydrate, protein, essential amino acid, etc.) [4].

Conclusion

By reading some of these studies, we have found that balanced diet is very important in our human life. If we do not eat this balanced diet than we have to face many diseases. We should take adequate amounts of carbohydrate, protein, calcium and fat in our diet, as well as five food group in our diet. Due to this balanced diet our body remains healthy. Humans should take balanced diet according to this age, occupation, climate and always on time to fit and healthy.

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