

Write a short note on Balance diet.

## Balance Diet:

Balance diet is a diet which includes a right amount of nutrients such as carbohydrates, proteins, vitamins, fats, minerals etc for proper growth, and development and functioning of the body.

## Benefits of Balance Diet:

There are some benefits of balance diet discussed below.

### 1) Improved overall health:

A proper balance diet strengthens the immune system, it also reduces the risk of chronic diseases such as cancer, heart disease and diabetes.

### 2. Increased Energy levels:

A right proportion of and proper nutrition ensures that



the body has the energy which is needed for the whole day activities and help in preventing fatigue.

### ③ Improved Digestion:

The nutrients rich in fiber from fruits and vegetables helps in maintaining and improving digestion.

### ④ Weight Management:

By providing right proportion of nutrients, a balance diet helps in weight management.

### ⑤ Better Skin And Hair:

The Intake of vitamin A, C and E helps in glowing skin also it keeps the hair growth healthy.

## Components of balance diet:

There are the following components of balance diet.



- 1- Carbohydrates
- 2- Proteins
- 3- Fats
- 4- Vitamins
- 5- Minerals
- 6- Water
7. Dietary fiber.

