

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.

### Proteins

Essential for repairing muscles and growth

### Vitamins

Plays an important role in many chemical processes in the body.

### Water

Works as vehicle to carry all the nutrients.

67-75% of the body is water

### Carbohydrates

Main Source of Energy

### Fats

Source of energy. Essential in relation to fat soluble vitamins

### Minerals

It is very critical to body's normal functioning.

### Dietary fiber.

Essential to health in digestion

