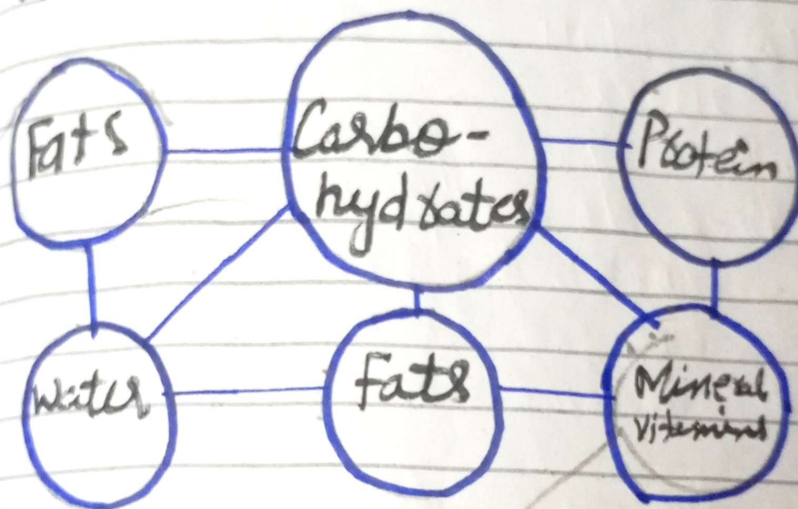


Write a note on Balanced Diet?

Balanced Diet

Balanced diet contain all nutritional element, which include carbohydrate, Protein, Fat, Minerals and vitamin. Balanced diet sustain life, generates energy and maintain growth and development of body.

Balanced diet includes



Importance of Balanced diet:

- └ Improves gut health
- └ Maintains growth and development
- └ Improves stress condition
- └ Essential for bones, teeth
- └ Essential for nails and hair
- └ Provides Energy

Benefits of Balanced Diet:

- ① Balanced diet sustain life, it generates energy, improves growth and development and strengthens immune system.
- ② Balanced diet fulfils the deficiency of nutrients in a body.
- ③ Balanced diet prevents from diseases like Diabetes, Cancer etc.
- ④ It helps you energetic and lowers down stress.
- ⑤ If following specific diet it will reduce symptoms of illness.

Balanced diet according to genders and age group

<u>Age group</u>	<u>Female</u>		
	<u>Sedentary</u>	<u>Active</u>	<u>Moderate</u>
2-3	1000	1000	1000
4-8	1200	1400	1600
9-13	1600	1600	2200
14-18	1800	2200	2400
19-30	2000	2000	2000
31-50	1800	2000	2200
51+	1600	1800	2200

Male

Age Group	Male Sedentary	Moderate	Active
2-3	1000	1000	1000
4-8	1400	1600	2000
9-13	2200	2400	2600
14-18	2800	2800	3200
19-30	2400	2800	3000
31-50	2200	2600	3000
51+	2000	2400	2800

Write a difference in Nutrition, Nutrients and Food Science.

Nutrition

Study of food and its relation ship

Nutrients

A Nutrients are the chemical compounds which containing nutriment and improves health

It includes micro and Macro nutrient

Carbohydrates, fats, protein, water, Vitamin and mineral

Food Science

According to International Food technologist Institute

Food science is a study of physical, chemical and biological study of food and concept underlying food processing

condition when person does not
contain nutrient or the right balance
for Malnutrition:

Malnutrition is when a
person does not provide enough
nutrients or the right balance of
diet required for optimal health

It cause irrationality, weakness, reduced
appetite and weight loss.

Types of Malnutrition

under provision of
supplements
→ weight loss.

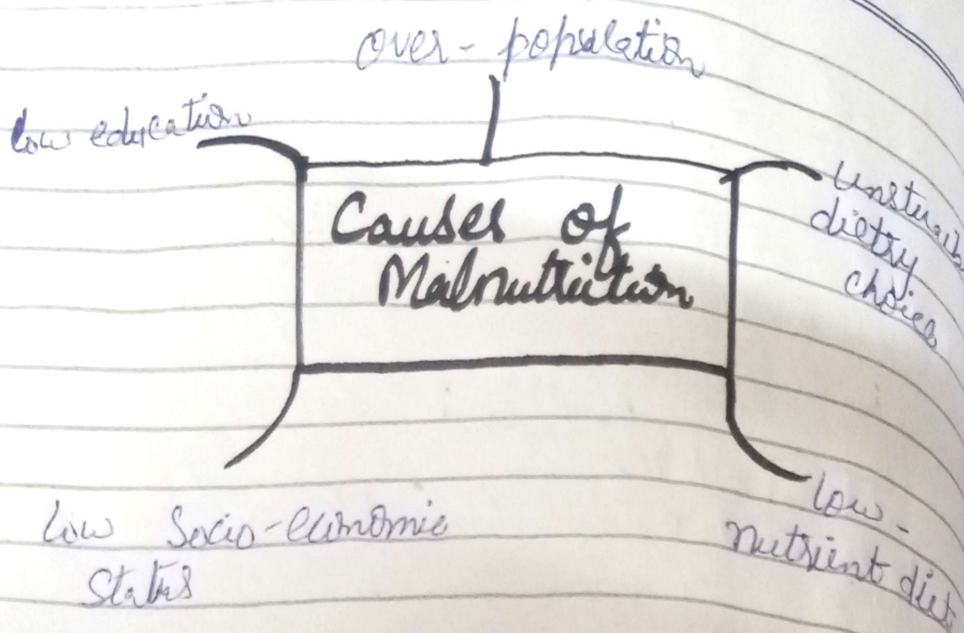
Under
Malnutrition

Over-Malnutrition

Over-provision of
supplements
→ obesity

Nutrient-
deficiency
Malnutrition

A specific nutrients
deficiency in the body
e.g. Marasmus



Protein Malnutrition

It is also known as Protein-calorie Malnutrition.

Further divided into two categories

	Kwashi Kwashiorkor	Marasmus
Deficiency	Protein deficiency	Protein calorie deficiency
Symptoms	Acute illness	Severe infection repeated again and again
Reason:	late weaning	Early and abrupt weaning
Age group	5 months to 6 year	Infants are mostly
Presence	In developing countries	In developed countries

Liver

Enlarged fatty
liver

absence of
fatty liver.

Weakness

weakness
but hidden
by edema

Weakness
visible

Ribs

Ribs are
not prominent
due to edema
Flaky faces

Prominent
ribs
~~Flaky~~ Dry
faces