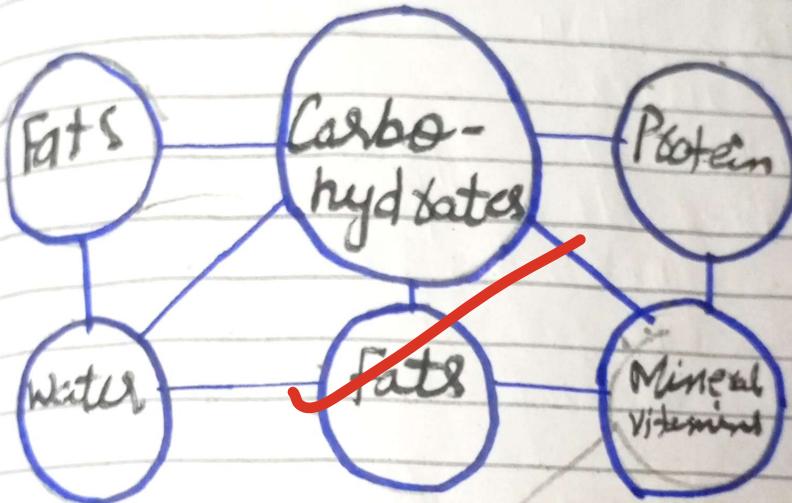


Write a note on Balanced diet?

## Balanced Diet

Balanced diet contain all nutritional element, which include carbohydrate, Protein, Fats, Minerals and Vitamin. Balanced diet sustains life, generates energy, and maintain growth and development of body.

Balanced diet includes



## Importance of Balanced diet:

- Improve gut health
- Maintain growth and development
- Improve Itself condition
- Essential for bones, teeth
- Essential for nails and hair
- Provides Energy

## Benefits of Balanced Diet:

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

Balanced diet according to genders and age group

### Female

<u>Age group</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	Moderately Active	Male Active
1-3	1000	1000	1000
4-8	1400	1600	2000
9-13	2200	2400	2600
14-18	2400	2800	3200
19-30	2400	2800	3000
31-50	2400	2800	3000
51+	2400	2400	2800

Write a difference in nutrition, nutrients and food science.

Nutrition	Nutrients	Food Science
Study of food and its relation ship	A Nutrients are the chemical compounds which containing nutrient and improves health	According to International Food technologist Institute
	It includes micro and Macronutrient	Food science is a study of physical, chemical and biological
	Carbohydrates, fats, protein, water, vitamin and minerals	Study of food and concept underlying food processing

condition when person does not contain nutrient or the right balance of

## 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

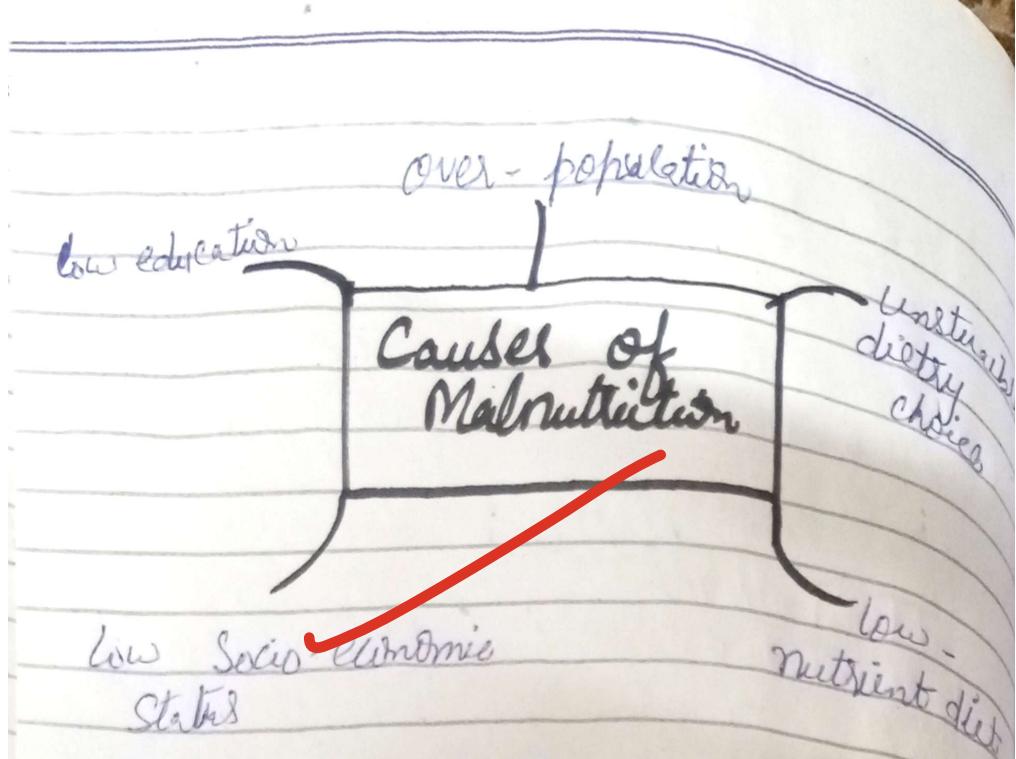
### Over-Malnutrition

Over-provision of supplements  
→ obesity

Nutrient-deficiency

Malnutrition

A specific nutrient deficiency in the body  
e.g. **Marasmus**



## Protein Malnutrition

It is also known as Protein-calorie Malnutrition.

Further divided into two categories

~~Kwashiorkor~~

Deficiency

Kwashiorkor

Protein deficiency

Symptoms

Acute illness

Marasmus

Protein calorie deficiency  
severe infection,  
soaked again  
and again

Reason:

Late weaning

Early and abrupt weaning

Age group

5 months to 6 years

Infants are mostly

Presence

In developing countries

In developed countries

liver

Enlarged fatty liver

Weakness

weakness  
but hidden  
by edema

Ribs

Ribs are  
not prominent  
due to edema  
Flaky faces

absence of  
fatty liver

weakness  
visible

Prominent  
ribes

~~Flaky~~ Dry  
faces

good attempt. but the answer is lengthy and might affect your time management,

(4)