

What is ^{Balanced} Diet and their functions in human body?

Balanced Diet:

Balanced diet is the mixture of five ingredients which provide healthness to human body. Milk, meats, cereal group, beans and green leaf are the five ingredients of the balanced diet. Balanced diet must be the product of carbohydrates, fats, proteins, vitamins, minerals, water and fibers. It is necessary for body strength and activeness. Human body can't survive in unbalanced condition. So, these five ingredients provide healthness to body and maintain balance condition inside and outside the body.

The function of Balanced diet.

- 1) Balanced diet speed up the chemical reaction in body.
- 2) It removes the deficiencies of vitamins and minerals in body.
- 3) It make human active
- 4) It maintain blood pressure and

glucose level in body

- 4) It metabolizes the chemical reactions in body.
- 5) It provides strength to bones and healthiness to body.
- 6) It improves the human locomotion.
- 7) It improves human mental abilities and thinking skills.
- 8) It makes children to men because it provides power and growth.
- 9) It controls the disease and strengthens the immunity systems.
- 10) It digests easily in stomach.