

# Balanced Diet ...



Healthy Habits , Healthy Life , Healthy India

**THE IMPORTANT COMPONENTS OF A BALANCED DIET ARE**

**CARBOHYDRATES  
PROTEINS  
FATS  
VITAMINS AND MINERALS**

## Healthy diet for a day

Food group	No. of Servings	Size / Serving
Cereals	10 - 11	1 roti (25g wheat flour) 1 bread 1 katori rice, 25g raw dalia/cornflakes/suji.
Pulses	2	25g raw dal
Milk	2	250 ml milk
Fruit & Veg.	5	100 gm fruit 100-125 gms raw vegetable
Fat & Oil	3 - 4	1 tea spoon

## Carbohydrates

### Simple Carbohydrates

give us energy but hardly any nutrients. Source : sugar, honey, white bread, noodles etc.

### Complex Carbohydrates

give us energy as well as nutrients. Source : whole cereals, pulses, vegetables, fruits bran etc.

## Fats

are concentrated source of energy and supply more than twice the amount of calories compared to carbohydrates and proteins.

The visible fat is used for cooking food to make it palatable.

The invisible fat is present in foods like milk, curd and nuts.

Requirement : 15 - 20 gm of visible fat along with 15 - 20 gm of invisible fat/day

## Proteins

Important Constituent of tissue of the body. They supply the body building material and make good the loss that occur due to wear and tear etc.

Source: Meat, fish, eggs, milk, pulses, oil seeds nuts

## Vitamins and minerals



**Vitamin A**

Milk fat, Egg yolk, liver, kidney, vanaspati which is fortified.



**Vitamin C**

Fresh fruits, green leafy vegetables, other vegetables.



**Vitamin E**

Vegetable oils, green leafy vegetables, cereals, egg yolk.



**Beta carotene**

Yellow and orange vegetables and fruits, green leafy vegetables, eggs, red palm oil.