



SNS COLLEGE OF NURSING
Saravanampatti (po), Coimbatore.

DEPARTMENT OF NURSING
COURSE NAME : BSC (NURSING) I YEAR
SUBJECT : NUTRITION
UNIT: X: BALANCED DIET
TOPIC : BALANCED DIET INTRODUCTION



INTRODUCTION



A balanced diet contains sufficient amount of fibre and the various nutrients to ensure good health. Food should also provide the appropriate amount of energy and adequate amounts of water. A balanced diet should be both adequate and wholesome.





DEFINITION BALANCED DIET



A diet which contain different types of food possessing the nutrients such as carbohydrates, protein, fats, vitamins, minerals and water in a proportion to meet the requirement of the body.

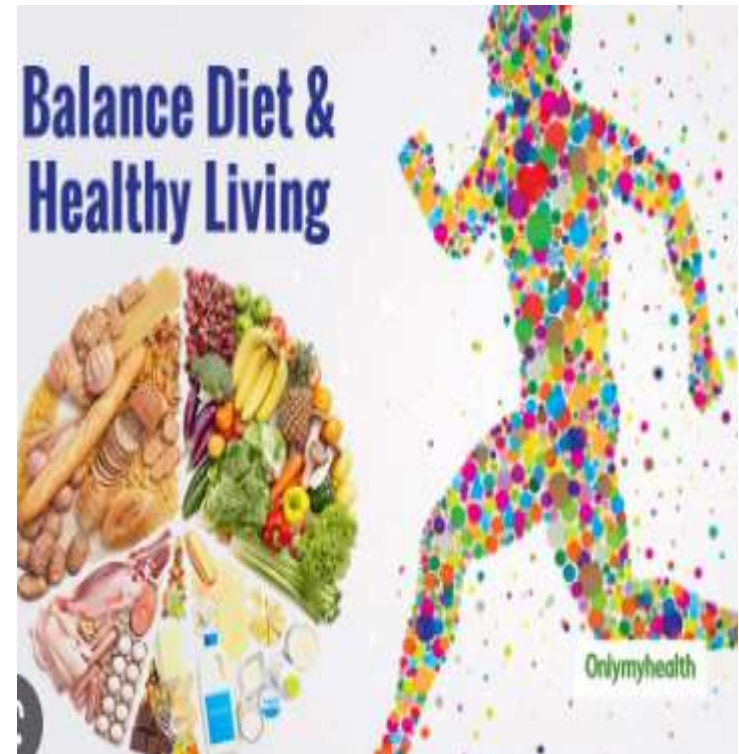




OBJECTIVES



- To achieve a healthy weight and energy balance
- Elimination of trans fatty acids and saturated fats. Consumption of unsaturated fatty acids.
- Intake of simple sugar should be limited.





OBJECTIVES



- Include a high amount of vegetables, fruits, nuts, legumes and whole grains
- Avoid consumption of food substances containing artificial preservatives and carcinogens.
- Foods contaminated with human pathogen should be strictly avoided



FOOD PYRAMID



A food pyramid is a pyramid, shaped diagram representing the optimal number of servings to be eaten each day from each of the basic food groups.





FOOD PYRAMID





Nutrients in Balanced diet



- ✓ Carbohydrate
- ✓ Protein
- ✓ Fat
- ✓ Vitamin
- ✓ Mineral
- ✓ Water



- Helps in tissue and muscle building and Boost up immunity
- Helps to maintain fluid balance and Helps in wound healing

Sources:

Milk and milk products, soya bean, beans, dhal, egg, chicken and fish.





CARBOHYDRATES



1. Energy giving compound necessary for daily activity.
2. It is Necessary for proper working of brain, heart , nervous tissue

Sources :

Wheat, oats, vegetables, whole cereals and pulse, fruits.





FATS



- Fat main function is to give energy
- Important for transport of vitamins a, d, e, k
- Covers organs acts as insulators to our vital organs like heart, kidney and liver

Sources:

Olive oil, Bran oil, soya bean oil, groundnut oil, mustard oil.





CALCIUM



- Helps in proper bone formation
- Cells signalling blood clot formation, muscle contraction

Sources:

Daily products, green leafy vegetable, beans, fish





IRON AND FOLIC ACID



- Most important for proper haemoglobin levels in our body.

Sources of iron:

Red meat, Egg yolk, beans and legumes, dried fruit, fruits, ragi, bajra, jaggery, sprouts and fermented food products.



VITAMINS

- **VITAMIN C:**

It is necessary for keeping teeth, gums & joints healthy. It is also increase the resistance of our body to infection and help in wound healing

- **VITAMIN K:**

Vit K is necessary for the normal clotting of blood and preventing hemorrhage.





VITAMINS



➤ VITAMIN D:

It is necessary for the normal growth of bones and teeth because it increase the absorption of calcium and phosphorus into the body.



WATER



- The amount of water needed by body depends on one's age, type of work, and the climate. Some of water in our body comes as a by product of the oxidation of glucose during the digestion of the food.
- Our body gets a lot of water from many of food items which we eat. For Eg fruit, vegetables.





CONCLUSION



A diet that contains adequate amounts of all the necessary nutrients required for healthy growth and activity.





ASSESSMENT



- List out the sources of calcium.
- Enumerate uses of carbohydrate.
- Describe the objectives of balanced diet.





REFERENCE

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- Shella John, Jasmine devaselvam, “Essentials of Nutrition and dietetics for nursing”, 2nd edition, published by Wolters Kluwer.
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