



SNS COLLEGE OF NURSING
Saravanampatti (po), coimbatore.

DEPARTMENT OF NURSING
COURSE NAME : BSC (NURSING) I YEAR
SUBJECT : NUTRITION
UNIT: X: BALANCED DIET
TOPIC : RDA (RECOMMENDED DIETARY ALLOWANCE)



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 balanced diet means getting the right types and amounts of foods and drinks to supply nutrition and energy for maintaining body cells, tissues and organs and for supporting normal growth and development.





RECOMMENDED DIETARY ALLOWANCE



DEFINITION:

Intake level of essential nutrients judged to be adequate to meet the needs of practically all healthy person.





FACTORS DEPENDS ON RDA

1. Age
2. Sex
3. Physical work – Sedentary, Moderate and Heavy
4. Physiological stress –Pregnancy and Lactation



ICMR has defined well nourished Indian adults who had satisfactory growth during childhood as

- Reference man
- Reference women



Sedentary Worker:

Those who sit and do work using brain and hands. E.g Teachers, Clerks.

Moderate workers:

Workers vigorously for few hours using many parts of the body like hands, feet and muscles.

E.g. Postman, Mail.



Heavy Workers:

Use different parts of body for several hours.
E.g. Rickshaw Pullers, Coolies; workers in mines,
sports persons etc.





ASSESSMENT



- Define sedentary worker
- Expand RDA.



RDA CHART

Group	Particulars	Body wt kg	Net energy kcal/d	Protein g/d	Visible Fat g/d	Iron mg/d	Calcium mg/d	Zinc mg/d	Vitamin A							
									Retinol µg/d	β-Carotene µg/d						
Man	Sedentary work	60	2320	60.0	25	17	600	12	600	4800						
	Moderate work		2730		30											
	Heavy work		3490		40											
Woman	Sedentary work	55	1900	55.0	20	21	600	10	600	4800						
	Moderate work		2230		25											
	Heavy work		2850		30											
	Pregnant woman		+350		82.2						30	35	1200	12	800	6400
	Lactation 0-6 m		+600		77.9						30	25	1200		950	7600
	6-12m	+520	70.2	30												
Infants	0-6 months	5.4	92 kcal/kg/d	1.16g/kg/d	—	46g/kg/d	500	—	350	2800						
	6-12 months	8.4	80 kcal/kg/d	1.69g/kg/d	19	05		—								
Children	1-3 years	12.9	1060	16.7	27	09	600	5	400	3200						
	4-6 years	18.0	1350	20.1	25	13		7								
	7-9 years	25.1	1690	29.5	30	16		8	600	4800						
Boys	10-12 Years	34.3	2190	39.9	35	21	800	9	600	4800						
Girls	10-12 years	35.0	2010	40.4	35	27	800	9								
Boys	13-15 years	47.6	2750	54.3	45	32	800	11								
Girls	13-15 years	46.6	2330	51.9	40	27	800	11								
Boys	16-17 years	55.4	3020	61.5	50	28	800	12								
Girls	16-17 years	52.1	2440	55.5	35	26	800	12								

Source: ICMR (2009).

CRITERIA CALCULATION OF BALANCED DIET

- 1) Energy from cereals should comprise 70% of the total energy requirement (it should not 75%)
- 2) Cereals protein: pulse protein = 5: 1
- 3) All vegetables should not exceed 150g



- 4) Fats should not exceed 15% of the total calories (5% from sugar, 5% from saturated fat and 5% from unsaturated fat)
- 5) Minimum intake of milk should be 100ml
- 6) Food should be palatable.

Balanced diet



PLANNING MENU BUDGETING OF FOOD

PRINCIPLES:

- 1) A healthful diet is adequate
- 2) A healthful diet has energy control
- 3) A healthful diet is balanced
- 4) A healthful diet has moderation
- 5) A healthful diet need to have variety.
- 6) A healthful diet





STEPS



- 1) Identify the individual & his/her specific characteristics
- 2) Consult recommended dietary intake for energy & protein
- 3) Decide total amount of specific food groups



- Decide on number of meals to be consumed
- Distribute total decided between meals
- Decide the items & their amounts within each group for each meal.
- Check day's diet for inclusion of each food group & amount decided.



CONCLUSION

Intake of essential nutrients judged to be adequate to meet the need of the person and nutritional demands of the body.



ASSESSMENT

- List out Principles of planning menu
- Explain steps in menu planning.





REFERENCE

- Darshan sohi, “ A comprehensive textbook of applied Nutrition and dietetics” , 3rd edition, published by Jaypee publication.
- Shella John, Jasmine devaselvam, “Essentials of Nutrition and dietetics for nursing”, 2nd edition, published by Wolters Kluwer.
- <https://www.slideshare.net/aiswarya1995/balanced-diet-57863742>

