



SNS COLLEGE OF NURSING
Saravanampatti (po), Coimbatore.

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



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.





Basic food groups in the pyramid



- Breads, cereal & grains, rice and pasta
- Vegetables
- Fruits
- Milk & dairy products
- Meat, poultry, fish, egg, nuts & legumes
- Fats, Oils & Sweets.



FOOD PYRAMID





CEREALS AND GRAINS



cereals are grasses cultivated for the edible components of their grain; composed of the endosperm, germ and bran. Cereals grains are grown in greater quantities and provide more food energy worldwide than any other type of crop; they are therefore “ staple crops”





TYPES OF GRAINS



Whole grains:

It refers to grains that have all of the parts of the grain seed EG: brown bread& rice, maize, oat, barley.

Refined grains:

It is processed grain when some of the dietary fiber and other important nutrients are removed. EG: rice, pasta





TYPES OF GRAINS



Whole grains:

These are a rich sources of carbohydrates, protein, fiber, fats & oil and wide range of vitamins and minerals including folate, thiamine, niacin and iron.





ASSESSMENT



- List out the types of grains
- Enumerate the food groups in food pyramid





VEGETABLES



Vegetables comprise any plant part, other than fruit which is used as food, they include

Roots and tubers, bulbs, stems, Leaves, flowers, peas and beans are legumes but when immature and green are treated as vegetables.





FRUITS



- Fruits is a good source of vitamins, including vitamin C and folate, carotenoids as well as useful amount of potassium.
- It also provides carbohydrates, in particular natural sugars, and fiber. The sugar that makes them sweet provides energy.





MILK AND MILK PRODUCTS



- These foods are excellent source of calcium. Milk carries B group vitamins, particularly riboflavin & Vitamin B12, and fat soluble vitamin A & D.
- EG: Milk, Yogurt and Firm Cheese.



MEAT, FISH, POULTRY, EGGS, NUTS AND LEGUMES

- It consist of all kind of meat, poultry, fish, eggs, nuts and nut pastes such as peanut butter, legumes, and some seeds such as sunflower and sesame seeds.
- The food in this group are good source of protein, iron, niacin and vitamin B12.





NUTS AND SEEDS



- Nuts and seeds have been valued for their oils as much for a food in itself; their high content energy, protein, vitamin, and minerals make them a very nutritious food.
- EG: almonds, walnuts, brazil nuts and hazelnuts. Sunflowers, sesame and pumpkin are the most common seeds eaten as foods.





FATS, OILS AND SWEETS



- Fats, oils and sweet give us calories.
- Most of these foods do not contain many vitamin or minerals. So they are called “empty calories” foods.





CONCLUSION



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

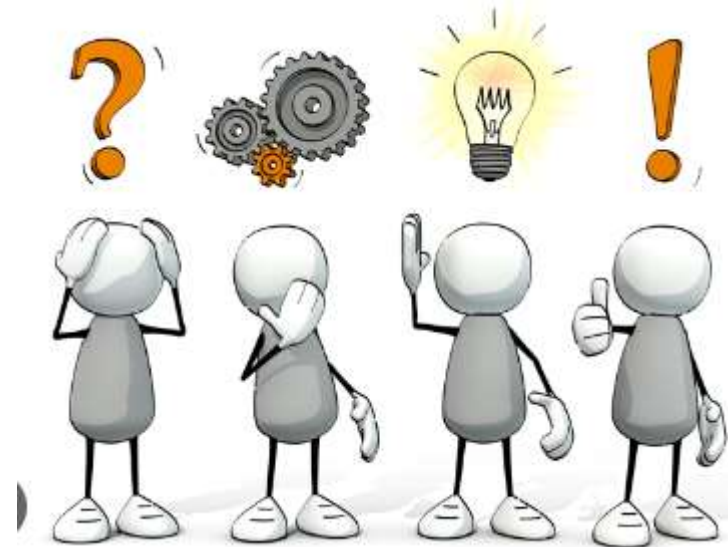




ASSESSMENT



- Draw a food pyramid
- Write about of the parts of plants that can be consumed.





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.



*Thank
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