BALANCE DIET

LIJI

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balanced diet is a **diet** that contains differing kinds of foods in certain quantities and proportions so that the requirement for calories, proteins, minerals, vitamins and alternative nutrients is adequate

Elements

Carbohydrates, Proteins, Fats, Vitamins, Minerals, Fiber and Water

Food group

- breads, cereals, rice, pasta, noodles and other grains.
- **vegetables** and legumes.
- fruit.
- milk, yoghurt, cheese and/or alternatives.
- lean meat, fish, poultry, eggs, nuts

Daily reference intakes for adults are:
Energy: 8,400kJ/2,000kcal.
Total fat: less than 70g.
Saturates: less than 20g.
Carbohydrate: at least 260g.
Total sugars: 90g.
Protein: 50g.
Salt: less than 6g.

PLANNING DIET

Planning diets refers to determining what usual nutrient intake should be. Regardless of whether one is **planning diets** for individuals or groups, the goal is to have **diets** that are **nutritionally adequa**te, or conversely, to ensure that the probability **of nutrient inadequacy** or **excess** is acceptably

Food budgeting

Food budgeting refers to creating a **budget** for weekly /monthly groceries after cutting out other expenses from your income.

Nutrients	Rice	Millet	G. Corn	Yam	Garri	Beans	Maize
Energy (Kcal)	0.001	414	394	373	384	338	410
Moisture (%)	6	11	12	76	14	11	10
Protein (g)	12.5	9	15	7.3	1.2	22.5	10.7
Fat (g)	0.2	5	3.2	0.6	0.4	1.4	4
Carbohydrate (g)	0.2	83	76	86	94	61	83
Calcium (mg)	12	50	26	10.4	45	104	60
Phosphorous (mg)	290	350	330	41.2	79	416	300
Iron (mg)	2	9	10.6	0.6	1.6	0.001	2.5
Thiamine (mg)	0.3	0.31	0.3	0.09	0.08	0.1	0.38
Riboflavin (mg)	0.05	0.04	0.2	0.03	0.03	0.1	0.11
Niacin (mg)	4.6	4.6	3.3	0.001	0.001	4	2
Food LIH (kg)	11.945	54.15	40.19	117.30	220.28	10.87	4845.54
Food AIH (kg)	35.89	66.83	88.38	292.59	384.56	25.74	1009.09
Food HIH (kg)	121.78	92.66	102.76	549.18	414.12	38.48	1718.18

Source: Oguntona & Akinyele, 1995; Central Bank of Nigeria, 1998.

Naturopathic diet

Foods that is typical of a **naturopathic diet**, in which : A variety of fresh raw vegetables and fruits (organic and seasonal) Steamed and cooked vegetables. Fresh herbs and spices.

5%
Fat, oil, sugar, sweets
20%
Meat, fish, milk, eggs
35%
Fruit, vegetables
40%
Bread, pasta,