

Balanced Diet

Chapter 3: Mindful Eating: A Path to a Healthy Body · Topic 2

Key Concept

A balanced meal typically includes a mix of cereals or grains (for energy), pulses or dairy or meat (for protein), vegetables and fruits (for vitamins and minerals), and a small amount of fats or oils. Growing children and pregnant women often need more protein and calcium in their diet, while athletes may need more carbohydrates for extra energy. Skipping food groups entirely — such as avoiding all fats — can actually be unhealthy, since fats help absorb certain vitamins.

Quick Revision Notes

- A balanced diet has the right proportion of all essential nutrients.
- A balanced meal includes grains, protein sources, vegetables/fruits, and a small amount of fat.
- Dietary needs vary by age, activity level, and health condition.
- Completely avoiding a food group (like fats) can also be unhealthy.

Practice Questions

- 1 Plan a simple balanced meal for one day, listing the food groups included.
- 2 Why might an athlete need a different diet from someone with a less active lifestyle?
- 3 Explain why a diet lacking in vitamins, even if high in calories, is not considered balanced.