

Diet Charts

Ravinder Kumar

Abstract— In nutrition, diet is the sum of food consumed by a person or other organism. Dietary habits are the habitual decisions an individual or culture makes when choosing what foods to eat. The word diet often implies the use of specific intake of nutrition for health or weight-management reasons (with the two often being related). Although humans are omnivores, each culture and each person holds some food preferences or some food taboos. This may be due to personal tastes or ethical reasons. Individual dietary choices may be more or less healthy.

Proper nutrition requires ingestion and absorption of vitamins, minerals, and food energy in the form of carbohydrates, proteins, and fats. Dietary habits and choices play a significant role in the quality of life, health and longevity. It can define cultures and play a role in religion.

Legumes	No	No	Yes
Tubers	No	No	Yes
Grains	No	No	Yes
Poultry	Yes	Yes	Yes
Fish (scaled)	Yes	Yes	Yes

I. INTRODUCTION

Many people choose to forgo food from animal sources to varying degrees (e.g. flexitarianism, vegetarianism, veganism, fruitarianism) for health reasons, issues surrounding morality, or to reduce their personal impact on the environment, although some of the public assumptions about which diets have lower impacts are known to be incorrect.[3] Raw foodism is another contemporary trend. These diets may require tuning or supplementation such as vitamins to meet ordinary nutritional needs.

II. BALANCED DIET CHART

It is important to follow a balanced diet plan, comprising all the basic nutrients, for a healthy body. Here is a balanced diet chart which contains food items to be included in your daily diet plan.

Diet classification table

Food Type	Carnivorous	Ketogenic	Omnivorous
Fruits and berries	No	No	Yes
Greens	No	Maybe	Yes
Vegetables	No	No	Yes

A balanced diet provides the body with all the necessary nutrients and vitamins, thereby improving the functioning of the immune system. This not only reduces the possibility of being infected by seasonal allergies but also prevents serious health risks like cancer, diabetes, cardiovascular diseases, etc. Such a diet also keeps you mentally fit by keeping your mind more alert. Since the body can resist all infections, it will, in turn, function better. A well-balanced diet also ensures proper metabolism, thereby keeping your weight in check. A balanced diet is especially important for growing children so as to promote healthy growth. If the body is supplied with all the necessary nutrients, the skin and hair also become healthier. It also prevents our body from aging, thereby giving us a more youthful look.

Balanced Diet Chart for Adults:-

A. Grains:-

- Breakfast cereals
- Rice
- Pasta
- Bread

- Noodles

Servings/Day - 6 - 11 servings

B Vegetables

- Tomatoes
- Potatoes
- Carrots
- Squash
- Broccoli
- Spinach
- Sweet potatoes

Servings/Day – 3-5 servings

III. GOOD DIET CHART

- Make sure your diet comprises enough fiber, pulses, whole grains, fresh fruits and vegetables.
- Keep the consumption of oils and sweets to a minimum. Excessive intake of these foods increase cholesterol levels in the body.
- Control your salt intake. Too much salt can lead to hypertension.
- Restrict the consumption of processed food, which comprises calories, saturated fats, added sugar, refined cereal grains and artificial additives.
- Limit consumption of aerated drinks and alcoholic beverages and increase the intake of water, juices and soups.
- Eat smaller portions throughout the day instead of three big meals.
- Drink plenty of water and fluids. Always keep your body hydrated.
- Exercise, exercise, exercise! There is no other way to keep your body fit.
- The above charts are generalized charts that cover the nutrients and calories required by people of all age groups. However, since the nutritional requirements differs from person to person, it's recommended to consult a dietitian who can make a personalized balanced diet chart according to the age, weight, sex and physical activity of the person.

IV. REAL FOOD

- Beans, lentils, or peas. Have lentil/split pea soup, garbanzo beans on your salad, or a bean burrito.
- Nuts. Allow yourself 1/2 ounce or about 10 to 12 nuts, and then stop eating them as nuts are high in calories and can be belly-busters.
- Dried fruit. Choose an ounce of raisins, peaches, apples, prunes, apricots, cranberries, or pears. Dried fruits are easy to pack and carry with you away from home for quick and nutritious snacks. (The Hunzas of Eastern Pakistan eat dried apricots, among other dried fruits, and live to be well over 100!)
- Whole grain. Choose barley, bran, brown rice, bulgur, couscous, millet, oats, polenta, or quinoa, as a cooked cereal or grain with your dinner.
- Tomatoes. Eat at least 4 slices per serving.
- Soy. Choose a serving of edamame, tempeh, or tofu.
- Peppers (green, yellow, orange, or red), carrots, or cabbage. Use sliced, diced, chopped, or whole. Put in salads, soups, or sandwiches. Or use for dipping. Remember: raw is best!
- Broccoli. Use raw florets and chopped stems in your dinner salads or eat them lightly steamed.
- Two pieces of fruit. Choose citrus fruits, apples, bananas, blueberries, grapes, guava, mango, melons, papaya, pears, strawberries, or other. One-half cup berries or 12 grapes equals one serving size.
- Nonfat dairy. If you choose to eat dairy, select skim or non-fat milk; low-fat or nonfat yogurt, cheese, or cottage cheese. Organic is best

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