


# HUMAN DIET



diet - a set of rules for the use of food a person or other living organism.



# DIET PLANNING

- Adequacy
  - enough energy and nutrients (all) are included in the diet to meet the needs of healthy people
  - balance
  - consuming the right amount of each type of food – not too much, not too little
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## Calories (energy)

- energy in from food = energy out for metabolism and activities
- choose foods of high nutrient density

## nutrient density

- choose foods that give you the most nutrient for the least food energy
- empty-calorie foods
- deliver only energy, little or no protein vitamins, minerals

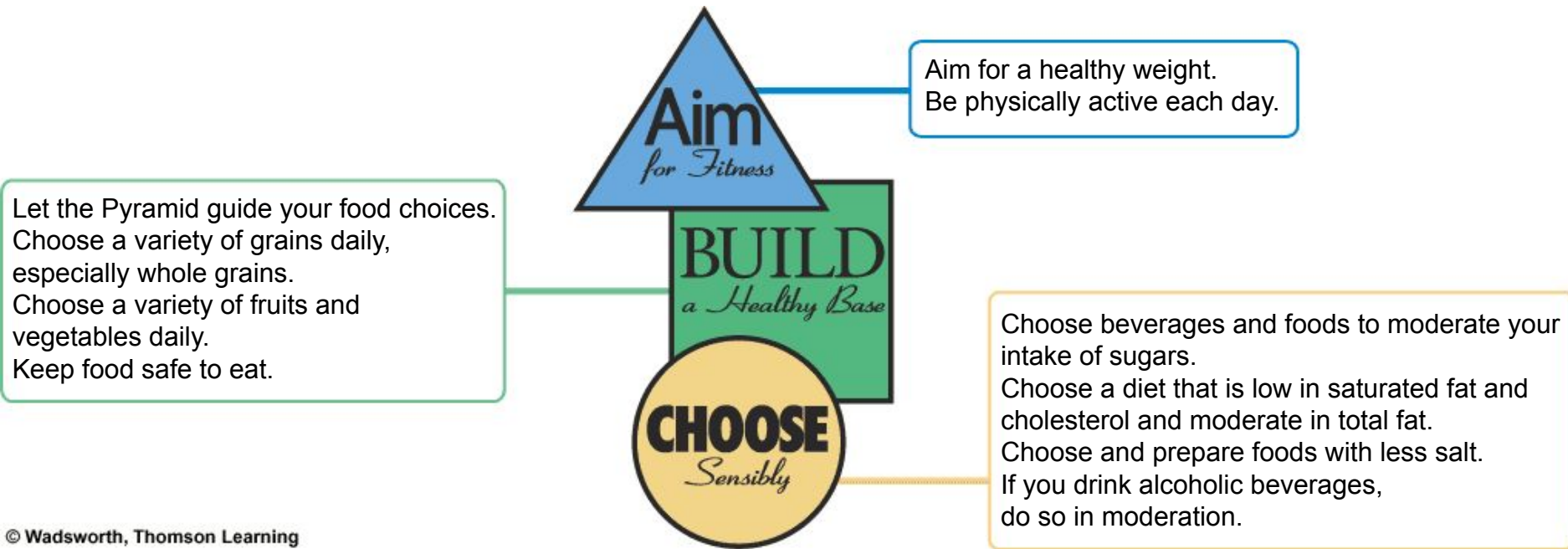


## **variety**

- vary your choices, even wishing a food group
- different foods contain different nutrients
- eating nutritiously shouldn't be boring



# GUIDELINES



# FOOD GROUP PLAN

## easy way to create a balanced diet

- just select foods from the 5 groups, according to the rules
- number of recommended serving is listed
- lists the foods according to their nutrient density



**BREADS, CEREALS, AND  
OTHER  
GRAIN PRODUCTS  
6 TO 11 SERVINGS PER  
DAY**

# FOOD GROUP PLAN



**VEGETABLES: 3 TO 5 SERVINGS PER DAY**



**FRUITS: 2 TO 4 SERVINGS PER DAY**



# FOOD GROUP PLAN



**MEAT, POULTRY, FISH, AND ALTERNATES:  
2 TO 3 SERVINGS PER DAY**



**MILK, CHEESE, AND YOGURT:  
2 SERVINGS PER DAY**

# FOOD GROUP PLAN



**FATS, SWEETS, AND  
ALCOHOLIC BEVERAGES:  
USE SPARINGLY**

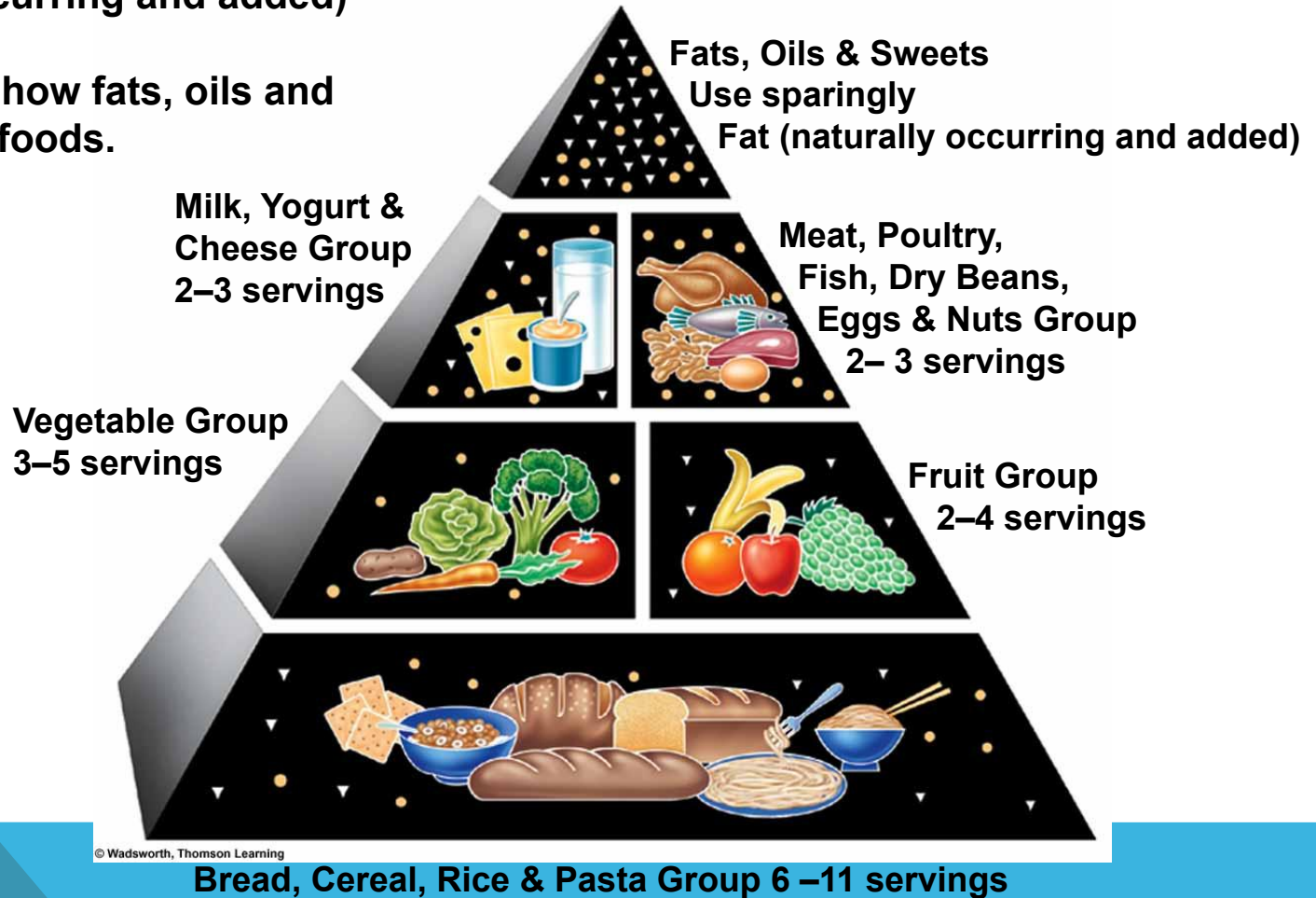
# FOOD GUIDE PYRAMID

Key:

● Fat (naturally occurring and added)

▼ Sugars (added)

These symbols show fats, oils and added sugars in foods.



## Food Guide Pyramid

### A Guide to Daily Food Choices

The breadth of the base shows that grains (breads, cereals, rice, and pasta) deserve most emphasis in the diet. The tip is smallest: use fats, oils, and sweets sparingly.

**75% of a day's food should come from grains, vegetables and fruits**



# VEGETARIAN FOOD GUIDE

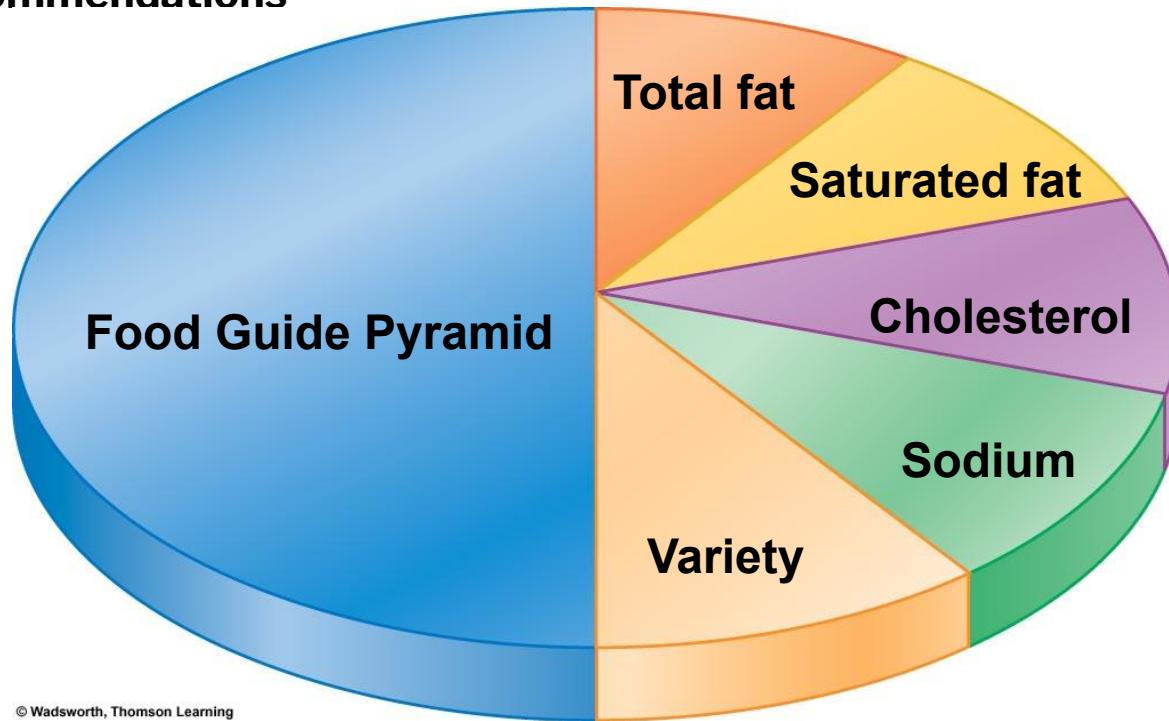
## **vegetarians eat mainly plant foods**

- grains, vegetables, legumes, fruits, seeds, nuts
- may include eggs and/or milk products
- food groups are similar
- meat alternates are selected



# HEALTHY EATING INDEX

established by the **USDA** to determine how well a diet meets recommendations



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### **how do you plan a healthy diet?**

- start with what you like and build on that
- think food groups and nutrient-rich
- most food is processed

# FOR HEALTHY DIET

## choose

- whole-grain regularly
- fresh vegetables
- raw, frozen, cooked, canned (without salt) are OK
- Legumes
- beans and peas
- cheap, high in fiber






## chose

- fresh fruits, mostly citrus
- frozen, dried, canned without sugar are OK
- meat, fish and chicken with minimal fat
- fat-free or low-fat milk, yogurt, cheese



# RESULTS

- **Diet - a balanced meals**
  - **To lose weight should be combined food**
  - **Good food - the guarantee of health**
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THANKS FOR WATCHING 😊