

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



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

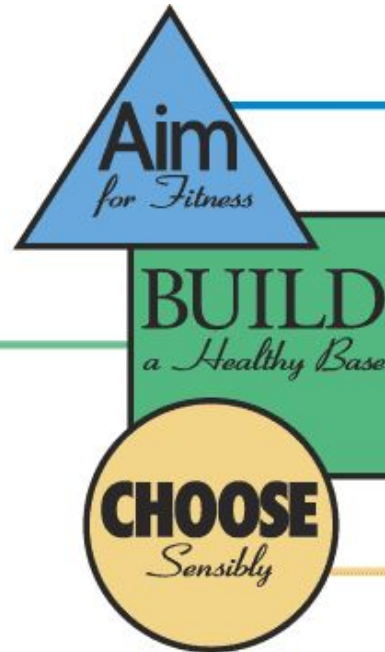


variety

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



GUIDELINES



Aim for a healthy weight.
Be physically active each day.

Let the Pyramid guide your food choices.
Choose a variety of grains daily,
especially whole grains.
Choose a variety of fruits and
vegetables daily.
Keep food safe to eat.

Choose beverages and foods to moderate your
intake of sugars.
Choose a diet that is low in saturated fat and
cholesterol and moderate in total fat.
Choose and prepare foods with less salt.
If you drink alcoholic beverages,
do so in moderation.

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

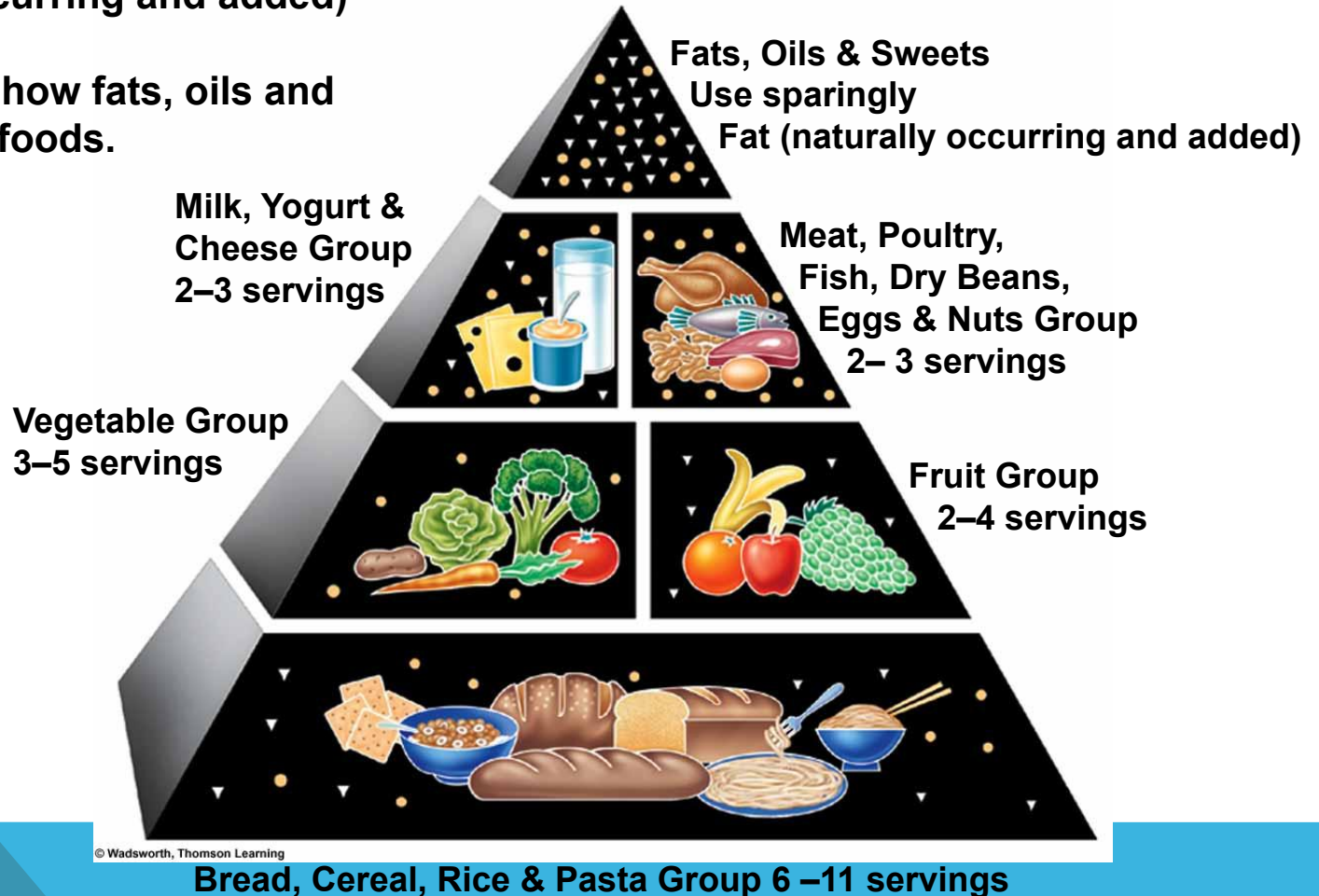
Key:



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

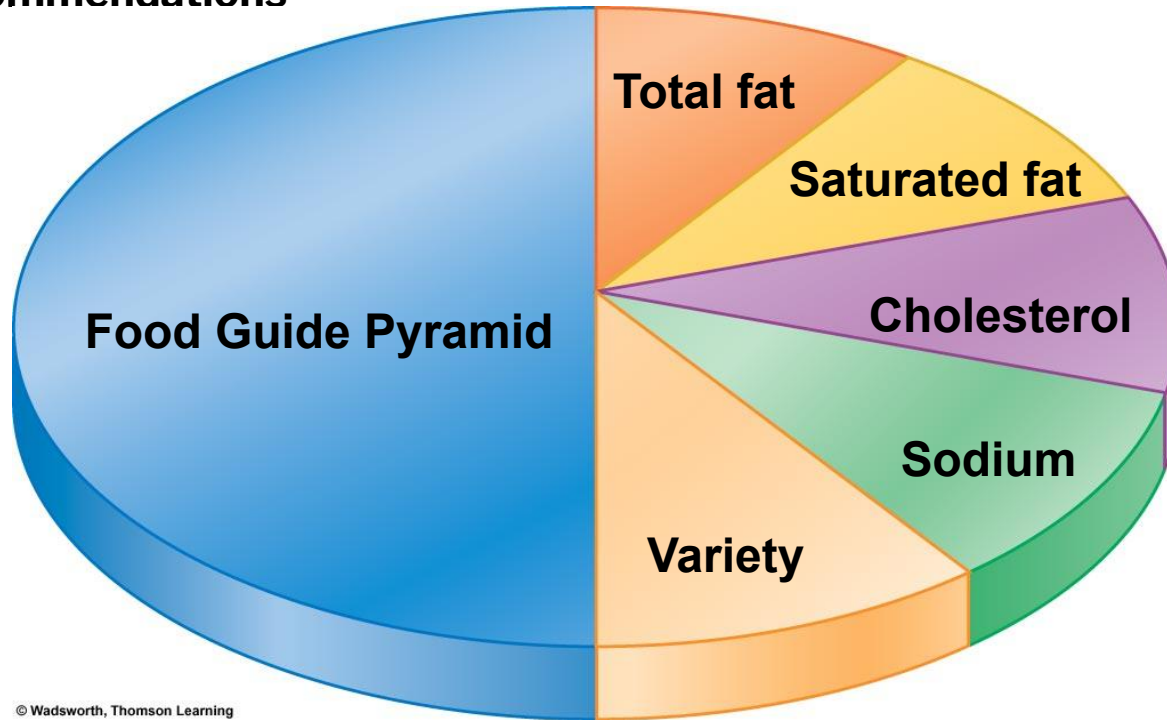
vegetarians eat mainly plant foods

- 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**

THANKS FOR WATCHING 😊