

# HEALTHY DIET

A balanced diet contributes to good health and helps to protect noncommunicable diseases (NCDs) such as diabetes, heart disease, stroke and cancer.

## ESSENTIAL NUTIRENTS

**Fats** - Provide energy essential for proper body functioning and are obtained from food we consume. They play a major role in controlling inflammation, blood coagulation and brain development.



### Good Fats



*Helps lower cholesterol, weight loss, lower blood pressure and reduce the risk of heart disease.  
Eg Avocado, Fish, Walnuts, Vegetable Oils, Seeds*

### Bad Fats



*Worst type of fat; raise cholesterol and leads to insulin resistance  
Eg Cakes, butter, junk foods, samosa, jalebi, sel roti, namkeen snacks*

**Carbohydrates** – The main source of energy for the brain and muscles.

### Complex Carbs



*Digested slower; keeps blood sugar levels stable  
Eg fruits, vegetables, beans, whole grain bread, whole grains roti (jowar, bajra roti) and foods with high fibre.*

### Simple Carbs



*Digested quicker and increase blood sugar levels; makes a person feel hungry again sooner  
Eg white bread, sugars, white rice and candies.*

**Proteins** - Helps to build and repair body tissues. It also helps make antibodies that fight off infections and illnesses . If taken in too much, body may store the excess as fat.

### Plant Based Protein Sources



- Legumes - beans, peas, dal, rajma
- Grains - wheat, bajra, jowar, brown rice, or corn
- Nuts – Almonds, walnuts
- Seeds - Chia or pumpkin seeds
- Soya Beans - Tofu

### Animal Based Protein Sources



- Chicken
- Fish
- Red meat
- Eggs
- Dairy products  
Eg, cheese, milk, yogurt and paneer

### Plant Protein

**Vs**

### Animal Protein

- ✓ No Cholesterol
- ✓ High dietary Fiber
- ✓ Low fat content
- ✓ High in antioxidants
- ✓ High in minerals and vitamins

**Which one is better ?**

- ✓ High Cholesterol
- ✓ Low dietary Fiber
- ✓ High fat content
- ✓ Low in antioxidants
- ✓ High in minerals