

Why We Need A Balanced Diet

Nutrition tips from DuPage Senior Citizens Council and Kane Senior Council

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Eating A Well-Balanced Diet

Healthy foods are found in each food category, so why do we need to eat some of each?

Eating a balanced diet including healthy choices from EACH food group/category helps us to stay healthy and ensure a balanced diet.

A balanced diet supplies the nutrients your body needs to work effectively. Without balanced nutrition, your body is more prone to disease, infection, fatigue, and low performance.

5 Main Parts To A Well-Balanced Diet

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Fruits

Fresh or frozen (unsweetened) fruit is the best but canned or dried fruit as well as fruit juice are also good sources of nutrients.

Grains

Trying to eat at least half of your bread, cereal, rice and pasta as "Whole Grain" products adds extra nutrition!

Low-Fat Dairy

Milk, yogurt, cheese or other calcium sources.

Vegetables

Fresh or frozen vegetables make a great addition to any meal. Canned vegetables can be high in salt, but a quick rinse make them a good choice as well.

Lean Proteins

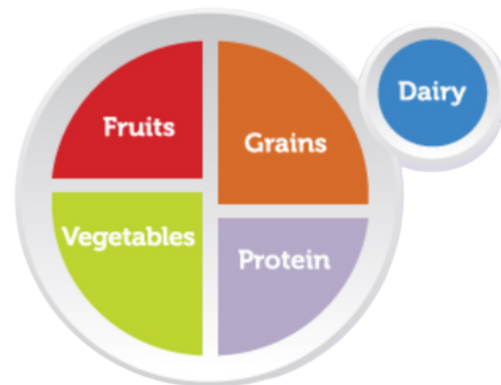
Chicken, Turkey, Fish and Lean Red Meat are part of a balanced diet. Other higher fat meats are ok too but in moderation.

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Using The My Plate Plan

Although the Food Guide Pyramid and My Pyramid are still useful resources, the new MyPlate makes healthy meal planning easy.

With a standard 9" dinner plate fill half with fruits / vegetables, a quarter with grains, and a quarter with lean protein. Pair with a serving of low-fat dairy and you have a balanced meal!



Add Exercise To Your Diet Plan

A balanced diet supplies the nutrients your body needs to work effectively. Without balanced nutrition, your body is more susceptible to disease, infection, fatigue, and low performance.

Without exercise, we have a higher risk of obesity and various diseases including type 2 diabetes and high blood pressure. It is important to note that healthy eating of a balanced diet and regular exercise go hand in hand to leading a healthy life.



Knowing the importance of balance and eating a variety of all food groups/nutrient types will help us maintain good health.