

## YOUR HEALTH IN YOUR DIET

**Prof. Manohar Narayan Morey**

Assistant Professor  
Nutan Vidya Prasark Mandals  
Arts, Commerce & Science College  
Lasalgaon

### Preface -

Food is essential for our body. But Nutrition is also essential for our body . Nutrition food is always helpful to our body. Nutrition food is a Scientific food. They are always helpful to body. Nutrition food included all the Protien, calcium and other elements which are helpful to body.

### Objective -

- 1) Food Nutrition Diet is essential for every age.
- 2) To study of food Nutrition
- 3) To Study different types of Supplement Food
- 4) To study different types Supplement food content
- 5) To study appropriate food Nutrition

### Hypothesis -

- 1) Balance Diet are relation with food Nutrition
- 2) Supplement food are useful for increase health.

**Information** - What is balanced diet? In this food, carbohydrates , Protien, fibre, water & salt these elements are included. What are the substances that contain all these elements?

- 1) Rice ,Potato
- 2) Fruit and Vegetables
- 3) Meat and fish
- 4) Milk and Dairy Product
- 5) Fatty food , sugar and Oil

Not all person consume all these substances in their food . Each person's digestive capacity is different. The work done by their body to do daily work.The choice of food is also important. Nutrition food acts as fuels for the body. Protein is essential for body growth. Vitamins and minerals are essential for digestion . A balanced diet can keep everyone healthy.

Follow the following principles to maintain a balanced diet.

- 1) Eat Roti or Chapati without Oil and Ghee
- 2) Prefer boiled eggs to omelets
- 3) Use a non-stick pots to prevent food from sticking to the bottom and automatically reduces oil consumption.

In the Indian diet , we do not get enough protein needed to our body needs . so we should add supplement food. For example supplements like why protein should be added to your diet . Our protein requirement should be complete in a day today life. Also these supplements should be added to your diet for your body joint health. Such as multi Vitamins and fish oil.

For example -

Every Person requires following Balance Diet formula per kg body weight, you need to 2.1-2.2 gram of protein.

Body weight x 2.2 gram of protein require for every healthy person.

For Healthy muscle and lean body you use this following formula to maintain your calories. Protein calories , carbohydrate calories and you make self diet plan for yourself

### First Step-

- 1) Check your weight to maintain body , maintain calories  $2716+200= 2916$

### Second Step -

- 1) Check your protein requirement e.g. 70 kg body weight x 2-2 = 154 gm  
check your protein calories  $154 \times 4 = 616$  calories.

**Third step -**

- 1) Check your Fat calories 25%  $2916 = 729$
- 1) Check your Fat gram  $729 \div 9 = 81$  gram of fat

**Step Fifth**

- 1) Check your carbohydrate calories  $616 + 729 = 1345$   
 $2916 - 1345 = 1571$   
 $1571 \div 4 = 392.75$  gram of Carbohydrate

**Anyticalies**

- 1) 154 gram of protein 81 gram of fat  
392.75 gram of carbohydrate above thing are necessary for Healthy muscle lean gaining
- 2) Balance diet is require for every healthy person
- 3) Avoid the junk food
- 4) Ever person should use balance diet plan

**Conclusion**

Indeed a balanced and nutritional diet has a unique and simple importance in our daily life and in various diseases.

Food is the basic pillar of human life, knowing about the science of diet can be useful in applying it in our daily life to know which foods to eat and which to avoid in different diseases - In this way it you keep your diet right . you will not need hospital in future .

**Health is wealth**

**Reference -**

- 1) Shatayushi - Dr. Swati Gupte  
Nutrition - 2004 Article
- 2) Minal Bakare - Arogya Article - 2001
- 3) Differnt types of Website related with food Nutrition
- 4) Nutrition App