



Diet



▶ **Grains:** Refined white flour is poor in nutritional value. Whole bran options are made from white bread, pasta, and rice.

▶ **Proteins:** Meat and legumes are the main sources of protein, which is essential for wound healing and muscle maintenance and growth.

▶ **Animal protein:** Healthy animal-based options include:

- ▶ red meat, such as beef, and mutton
- ▶ chicken like chicken and turkey
- ▶ fish including salmon, sardines, and other oily fish

Processed meats and red meats increase the risk of cancer and other diseases. Fresh and unprocessed meat is the best option.

▶ **Vegetable protein:** Nuts, beans, and soy products are good sources of protein, fiber, and other nutrients.

- ▶ Lentils
- ▶ Beans
- ▶ Peas
- ▶ Almonds
- ▶ Sunflower seeds
- ▶ Walnuts
- ▶ Dairy
- ▶ Calcium
- ▶ Vitamin D

They also contain fat. If you want to limit your fat intake, low-fat diets are the best option.



Dairy milk for those who follow a vegan diet, including:

- ▶ Flaxseed
- ▶ Almonds and peanuts
- ▶ Soy
- ▶ Oat
- ▶ Coconut

▶ **Fats and oils :** Fat is essential for the energy and health of cells, but too much fat can burn more calories than the body needs and can lead to weight gain.

Partial replacement of saturated fats with unsaturated fats reduces the risk of cardiovascular disease. Avoid trans fats.

- ▶ **Lovely fats:** vegetable oil and fish oil
- ▶ **Limit fats:** butter, cheese, and heavy cream
- ▶ **The fats we release:** trans fats

Fried foods are often high in calories but low in nutritional value. So you should consume them sparingly.



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▶ Diet ◀

The word diet comes from the Greek word, diata. This meaning of diet confirms that all parts of our lifestyle and relations affect our health and well-being. The focus is not just on what we want, but on sleep, exercise, time to reflect, our awareness of environmental life, ethics, work spirituality, and our relationships with others. When most people think of the word diet, this implies limitations. Dieting means reducing or eliminating some aspects of daily life.

▶ Balanced diet ◀

▶ The reason for the importance of a balanced diet ◀

A balanced diet provides the nutrients needed for work. Without a balanced diet, the body is more prone to disease, infection, fatigue, and dysfunction.



Diet

▶ A balanced diet includes ◀

- ▶ Fruits
 - ▶ Vegetables
 - ▶ Grains
 - ▶ Dairy
- ▶ Protein foods include meat, eggs, fish, beans, nuts, and legumes



▶ Foods you should not eat ◀

- ▶ highly processed foods
- ▶ sugar and salt added
- ▶ red meat and processed meat
- ▶ alcohol

▶ **Vegetables:** Vegetables are a major source of vitamins, minerals, and antioxidants. Eat a variety of vegetables with different colors. Dark leafy vegetables are an excellent source of many nutrients. Which include:

- ▶ spinach
- ▶ cabbage
- ▶ green beans
- ▶ broccoli
- ▶ green cabbage

▶ **Fruits:** Fruits are nutritious, delicious snacks, or desserts that can quench the craving for sweets. Seasonal local fruits are fresher. Fruits have a lot of sugar, but this sugar is natural.