

ADEQUATE AND BALANCED DIET IS THE KEY TO A HEALTHY LIFE

Scientific researches identify almost 50 different nutrients that human beings need. The researches state how much daily intake is necessary of these nutrients for a person's healthy growth and development and also for that person to live a long, healthy, efficient life. If any one of these nutrients are not taken or taken more than necessary or less, is it scientifically proved that growth and development is hampered and health has deteriorated.



“ADEQUATE and BALANCED NUTRITION” is taking enough of the energy and nutrients necessary for the growth, renewal, and proper functioning of the body and using them well.

For adequate and balanced nutrition, foods in the four main food groups should be consumed **adequately and in every meal.**

MILK GROUP

Milk, yogurt, cheese, curd, desserts and soups made with milk are in the milk group. They are the main source of calcium which is essential for bone growth and health. They are good sources for protein, vitamin B group, phosphorus, and zinc.

What is the daily required amount?

Two glasses for adults and for children, adolescents, and pregnant, lactation period, post-menopause women 3-4 glasses worth of milk group nutrient consumption is necessary.

MEAT - EGG - LEGUMES GROUP

Meat, poultry, fish, eggs, lima beans, chick peas, lentil and seeds such as walnuts, nuts, and peanuts are in this group. This group is a good source for protein, iron, zinc, phosphorus, magnesium, vitamin B group. Legumes are also rich in fibers that activate the intestines.

What is the daily required amount?

You should consume two portions of this group daily. The portion amounts are as shown below.
Meat, poultry, fish, etc.: 50-60 grams
Legumes : 90 grams (half-a-cup)
Seeds : 30 grams
Eggs : 3-4, weekly
2 eggs are equal to 2-3 meatballs (60-90 grams).



FRUIT AND VEGETABLES GROUP

All fruits and vegetables are in this group. These are rich in folic acid, carotenes (the precursor of vitamin A), vitamins E, C, B₂, calcium, potassium, iron, magnesium, fibers and other antioxidant components.

What is the daily required amount?

You need to consume at least 5 portions of fruits and vegetables a day. Moreover, at least two portions of this should be green-leaved vegetables or orange, tangerine etc. from the citrus family or tomatoes.

A medium sized orange, apple, pear, banana; 3-6 of apricots and plums, 10-15 strawberries, cherries and etc. is one portion of fruit. For green vegetables, 2-3 glasses when chopped; one medium sized potato or carrot; one small zucchini are a portion vegetable.



BREAD AND GRAINS GROUP

Grains like wheat, rice, corn, rye, oat, etc. and flour, bulgur (boiled and pounded wheat), and breakfast cereals etc. made from these are in this group. Unrefined foods of this group are especially rich in vitamin B group (mainly B₁), minerals, carbohydrates (starch), fiber, and other nutrients and are therefore important for your health.

What is the daily required amount?

You need to consume this group according to your energy expenditure. If you are overweight and have a sedentary lifestyle, you need to consume less of this group.

Depending on your weight, eating 1-2 slices of bread or 1-3 portions of the grains in every meal is enough. 3-4 spoons of rice or pasta, 1 bowl of soup, 1 medium sized potato, and 1 piece of pastry are a portion of the bread and grains group.



RECOMMENDATIONS FOR ADEQUATE AND BALANCED NUTRITION

- Consume adequately from each of the four food groups.
- Try to consume various foods.
- Do not skip meals. Especially do not start the day without breakfast.
- Try to keep your body weight balanced.
- Use less sugar and salt.
- Choose products made from unrefined grains.
- Prefer unsaturated oils to saturated animal fat.
- Drink at least 8-10 glasses of water every day.
- Refrain from alcohol consumption.
- Purchase safe foods and prepare them under hygienic conditions.
- Try to do regular physical activity along with adequate and balanced diet.



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