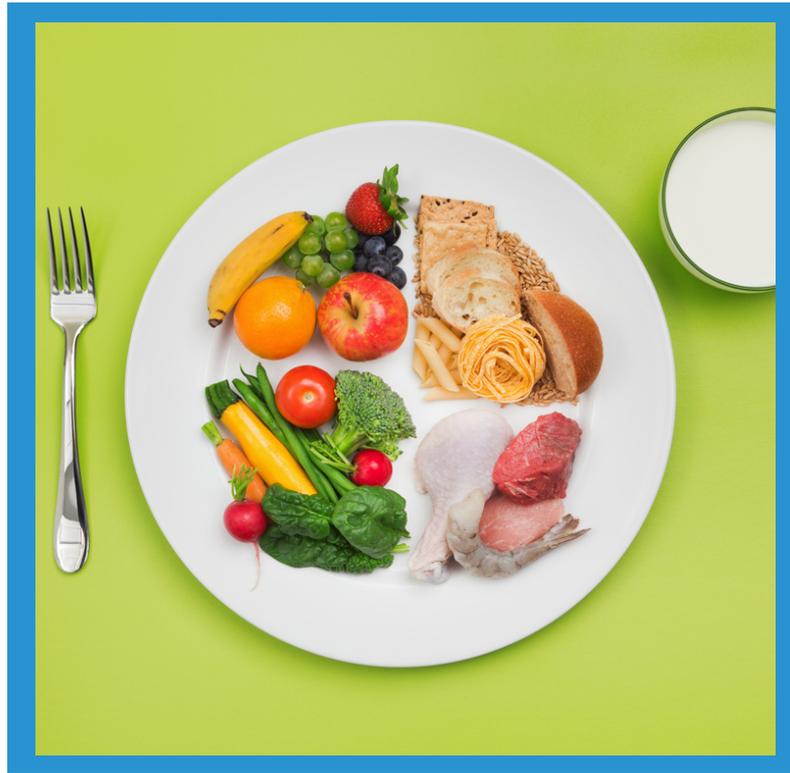


BALANCED DIET: THE ESSENTIALS



HEALTH QUEST 365



BALANCED DIET: THE ESSENTIALS

Nourish your body and mind with a balanced diet! Eating the right mix of healthy foods is essential for achieving optimum physical health and mental well-being. Vegetables, whole grains, proteins, dairy products — all these components are necessary to make sure you get enough nutrients in the right proportions.

The Dietary Guidelines for Americans provide helpful and healthy advice for you to meet your nutrient needs and optimize your health. Sticking to an eating plan that includes different types of food can reduce risk factors associated with heart disease or high blood pressure while also promoting weight loss. Start today on the path towards better nutrition — it's never too late to begin!



ACTIVITY SHEET

The Health Quest 365 Activity on Balanced Diet

How would you define a balanced diet? Would you say that your current diet is balanced?

Why do you think some people find it difficult to stick to a balanced diet? Do you feel the same?

What do you need for a balanced diet? Enumerate the food groups, their recommended portions, and any example of food under the groups.

How can you make sure you're eating a balanced diet?

Try to plan your meals for a day or two. Make it fun, but make sure you keep it balanced.



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