

# HEALTHY VS FAST FOOD



# BALANCED DIET

- Diet that helps to maintain or improve overall health.
- It must contain all types of food :
  1. Carbohydrates
  2. Fats
  3. Fibers
  4. Proteins
  5. Water





# Carbohydrates

- Carbohydrates are the sugars, starches and fibers found in fruits, grains, vegetables and milk products
- Carbohydrates are often used as a source of energy for the body and are the easiest food parts that are broken down by the body .
- Examples :
  1. Rice
  2. Potatoes
  3. Pasta
  4. Bread

# FATS

- The body uses fat as a fuel source, and fat is the major storage form of energy in the body
- Fats are the hardest substance to be digested by the body
- Too much intake of fats always leads to weight gain and most probably may lead to obesity
- Examples
  1. Dairy Products
  2. Oil
  3. Avocado
  4. Cheese
  5. Butter





# FIBERS

- Normalizes bowel movements.
- Dietary fiber increases the weight and size of your stool and softens it.
- Helps maintain bowel health.
- Lowers cholesterol levels.
- Helps control blood sugar levels.
- Aids in achieving healthy weight.
- Examples
  1. Pears
  2. Strawberries
  3. Coconuts
  4. Bananas
  5. Berries



# Proteins

- Macronutrient that is essential to building muscle mass. It is commonly found in animal products
- Composed of amino acids
- Most important nutrient for maintaining the structure of the body
- Excessive Protein is not healthy for the body because it will not be digested by the body and will lead to obesity
- Examples
  1. Chicken
  2. Meat
  3. Fish
  4. Eggs
  5. Seeds and Nuts





# Water

- Transparent, tasteless, odorless, and nearly colorless chemical substance,
- Up to 70% of the body consists of water
- Water is essential for the kidneys and other bodily functions.
- In order to remain healthy a person should drink from 2 to 4 liters of water daily this would cause :
  1. Lubricates the joints
  2. Forms saliva and mucus
  3. Boost skin health
  4. Regulates body temperature
  5. Maintain blood pressure

# Maintaining Weight

- In order to maintain your weight you should eat a balanced diet which is a diet that contains all types of food that are explained in previous slides
- The diet should contain
  1. High carbohydrate and protein intake
  2. Average Fats and Fibers
  3. Drink from 2 to 3 liters of water daily minimum

# Losing Weight

- In order to loose Weight you to change the portions of the balanced Diet
- The Diet should contain
- High intake of protein
- Average intake of carbohydrates and fibers
- Low intakes of Fats
- Drink water from 4- 6 liters daily
- *Cheat meal every 7 Days*

# Cheat Meal

Cheat meal is a very important meal while dieting without it your body will stop losing weight because it the only meal that resets the metabolism of your body



THANK YOU



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