



NATIONAL NUTRITION MONTH

Converging towards a healthy walk through life

Rashtriya Poshan Maah

#PoshanMaah
1-30 September

What is a Balanced Diet?

As per National Institute of Nutrition, ICMR (India), a Balanced diet is a nourishing, wholesome diet which provides adequate proportions of essential nutrients from all Food Groups (Cereals, Pulses, Vegetables and Fruits, Fats & Oils, Dairy & Meat)

It is necessary to maintain good health and also include non-nutrients such as dietary fibre, antioxidants and phytochemicals which bestow positive health benefits & support a healthy Immune system as well.

It is important to know the amount of nutrients from various food groups required to be consumed EVERYDAY to have a BALANCED DIET.

For this, knowing your RDAs (Recommended Daily Allowances) and Food Group Allowances are the most effective tools.

Know your Daily RDA's & Food Portions

Nutrients	Sedentary Adult Male	Sedentary Adult Female	Food Group	one portion size	Sedentary Adult Male	Sedentary Adult Female
Protein (g/d)	54	46	Cereals & Millets	30g	375g	270g
Fibre (g/d)	30	25	Pulses	30g	75g	60g
Calcium (mg/d)	1000	1000	Milk & Milk Products	100ml	300ml	300ml
Iron (mg/d)	19	29	Roots & Tubers	100g	200g	200g
Iodine (mcg/d)	140	140	Green Leafy Vegetables	100g	100g	100g
Vitamin A (mcg/d)	1000	840	Other vegetables	100g	200g	200g
Vitamin C (mg/d)	80	65	Fruits	100g	100g	100g
Vitamin D (IU/d)	600	600	Sugar (visible)	5g	20g	20g
			Fat (visible)	5g	25g	20g

*RDA's basis ICMR, 2020 (selected few for example)

*Portion Based Food Group Requirement (NIN)

Balanced diet should provide around

50-60% of total calories from CARBOHYDRATES

20-30% from both visible and invisible FATS

10-15% from PROTEINS



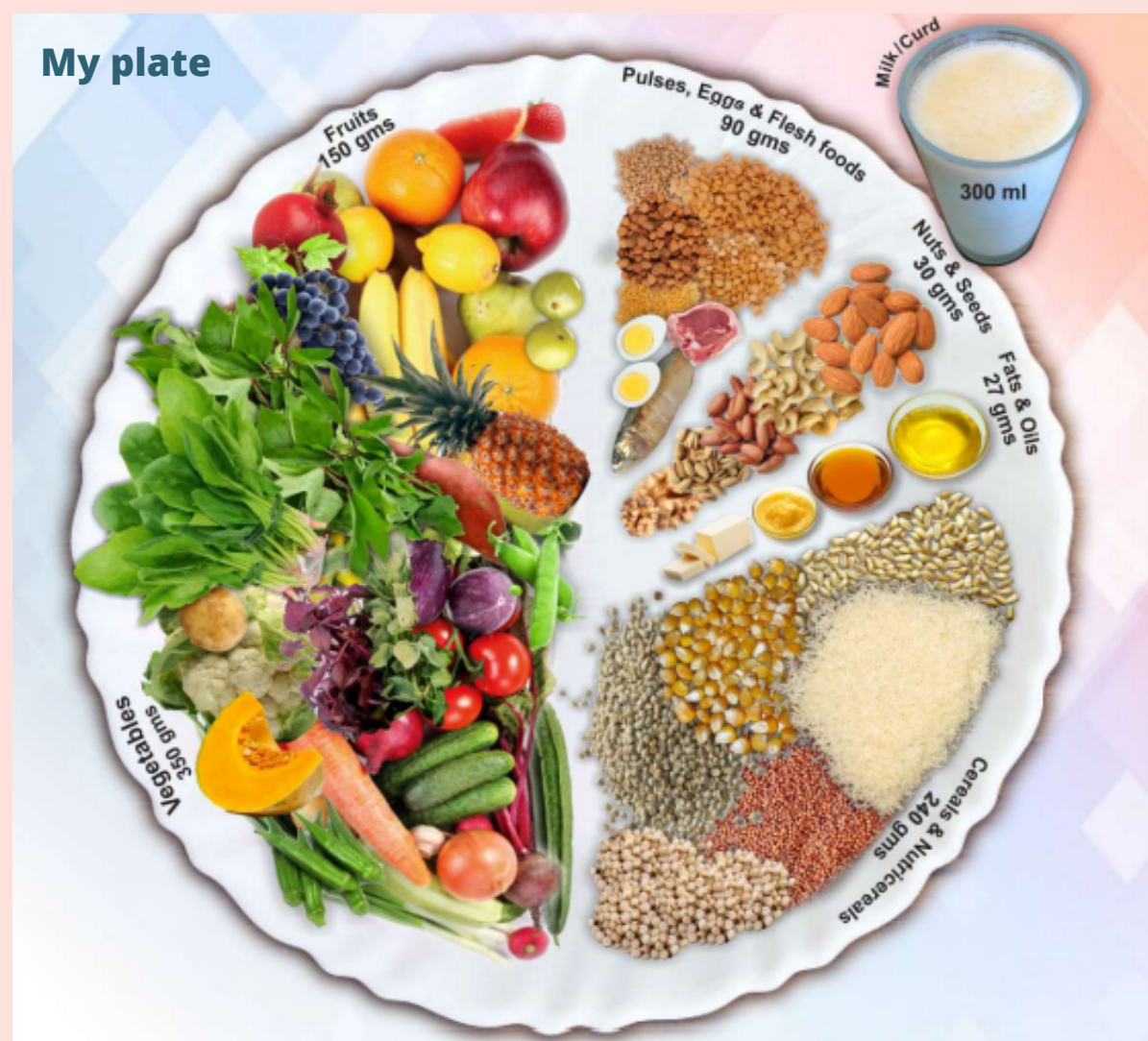
Along with Balance Diet

30-45 mins of Physical activity

Average 8 hours of sound sleep

Adequate intake of water

are essential for good health.



A Guideline reference in the form of "My Plate" has been recommended by National Institute of Nutrition that

- Promotes Health
- Protects from Diseases
- Prevents Hidden Hunger