



Healthy Diet for farmer Bunce

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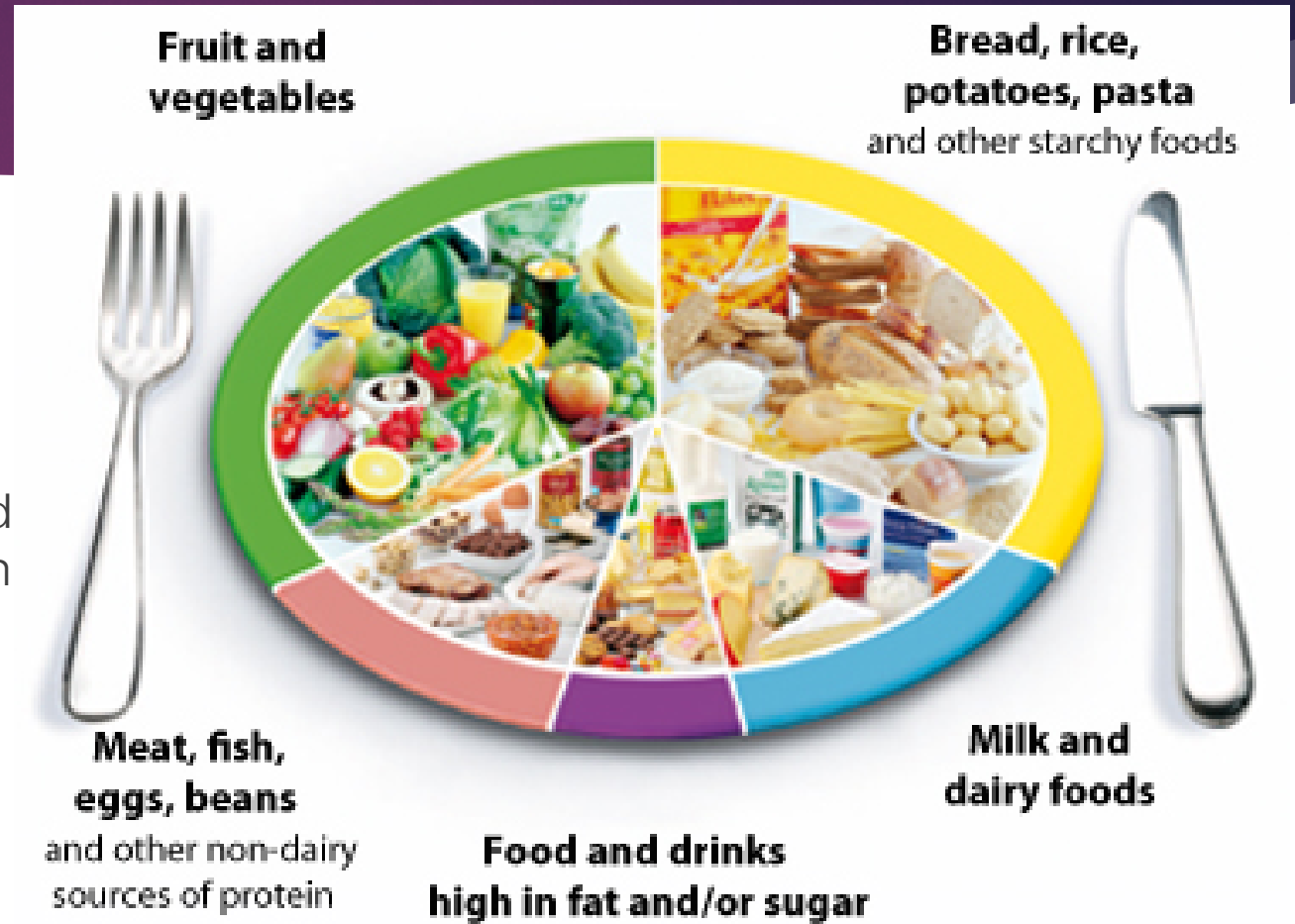
Healthy Diet

- ▶ A healthy diet is one that helps maintain or improve overall health by eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.
- ▶ A healthy diet provides the body with essential nutrition: fluid, adequate essential amino acids from protein, essential fatty acids, vitamins, minerals, and adequate calories. The requirements for a healthy diet can be met from a variety of plant-based and animal-based foods. A healthy diet supports energy needs and provides for human nutrition without exposure to toxicity or excessive weight gain from consuming excessive amounts. Where lack of calories is not an issue, a properly balanced diet (in addition to exercise) is also thought to be important for lowering health risks, such as obesity, heart disease, type 2 diabetes, hypertension and cancer.



The diet

- ▶ plenty of fruit and vegetables
- ▶ plenty of starchy foods, such as salad, rice, potatoes and pasta
- ▶ some meat, fish, eggs, beans and other non-dairy sources of protein
- ▶ some milk and dairy foods
- ▶ just a small amount of food and drinks that are high in fat and/or sugar





one more doughnut &
goose-liver...pleeease?