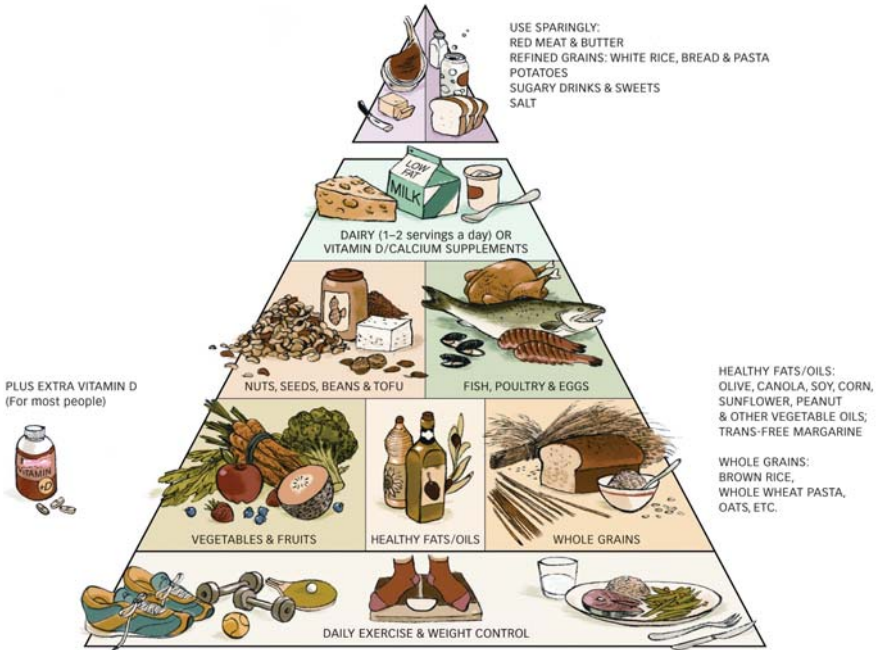


# Balanced Diet

## A Guide for Patients/Families



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi



## What Is a Balanced Diet?

It is a diet which includes a variety of different foods from each food group and is most likely to provide all the essential nutrients, according to age, gender and physical activity.

## Why is Balanced Diet Important?

A balanced diet is important to maintain health and a sensible body weight. No single food will provide all the essential nutrients that the body needs to be healthy and function efficiently.

For a healthy diet, replace unhealthy and fattening foods with healthier alternatives. For example, one medium beef burger has an average of 400 kcalories approximately, while home made low fat chicken curry will give you 225 kcal approx.

A balanced diet includes food from the following five main food groups

These are:

### Milk Group (milk and milk products)

- milk, cheese, yogurt

### Meat Group (Meat and Meat Substitutes)

- meat: chicken, fish, beef, lamb
- legumes: beans and peas
- nuts and seeds



## **Fruit and Vegetable Group**

- fruits
- vegetables

## **Grain Group (Breads and Cereals)**

- whole grain breads
- enriched breads
- rice
- pasta

## **General Guidelines**

- Eat 5-6 small meals a day
- Do not skip breakfast
- Eat items from each of the five Food Groups at every meal
- Follow a balanced diet that is low in saturated and trans fats, cholesterol, added sugars salt
- 2-3 fruits & 4-5 vegetables per day are recommended for persons following an average 2,000-calorie per day diet.
- Balance your caloric intake with exercise. Slowly decrease your caloric intake while increasing exercise to prevent gradual weight gain over time.
- Exercise regularly and reduce sedentary activities.
- One two cups per day of low-fat milk or milk products should be included.

- Trans fatty acids like margarine, fried food should be avoided.
- Total fat intake should not exceed 20 to 35% of calories. Choose “good” fats such as fish, nuts, and vegetable oils containing polyunsaturated and monounsaturated fatty acids. Such as conola or olive oil. Lean, low-fat, meats, poultry, dry beans, and milk or milk products are preferable.
- Stay away from added sugars and sweeteners.
- Consume less than one teaspoon of salt daily, and limit the amount of salt added in food preparation.

**Important Note:**

Food provided during hospitalization to patients is disease specific and during stay food from outside hospital is not permitted. Written and verbal instruction related to dietary restrictions is explained by clinical nutrition staff, where applicable.

**Outpatient Nutrition Care Clinics**

**Nazerali walji building (NW 1)**

Phone: (021) 3486-5781-82  
 Monday to Thursday  
 Timings: Morning 9.00am -4.00pm

**Nazerali walji building (NW 2)**

Phone: (021) 3486-5789-90  
 Monday to Thursday  
 Timings: Morning 9.00am -11.00am

**Consulting Clinic (CC 4)**

Phone: (021) 3486-1034  
 Friday  
 Timings: Afternoon 02.00pm - 04.00pm

**Gastroeterology Clinic**

Phone: (021) 3486-1055/ 3486-6308  
 Monday to Thursday  
 Timings: Morning 09.00am - 05.00pm

**Sports & Rehabilitation Clinic (Sports Centre)**

Phone: (021) 3486-1662  
 Tuesday  
 Timings: Morning 9.00am -11.00am