



National Nutrition Week

1 - 7 September, 2025

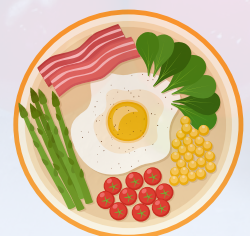
“Eat Right for a Better Life”

*But what does it
mean to
“EAT RIGHT”?*



Day 5: Balanced diet

swipe



Today's focus

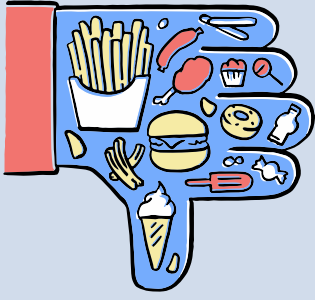
Balanced Diet

"Eat Right for a Better Life" promotes nourishing the body with balanced, nutrient-rich foods.

A balanced diet is rich in essential nutrients, supports growth, mental health, repair, immunity and overall health.

On the other hand, ultra-processed foods are high in sugar, salt and unhealthy fats, increasing the risk of chronic diseases.

As per National Institute of Nutrition guidelines, if the foods are ultra-processed or high in fat/sugar/salt, then enriching them with nutrients or fortifying cannot make them wholesome or healthy



Ultra processed foods (UPFs)

- Ultra-processed foods are industrial products made mostly from extracted food substances and additives, with little or no whole foods.
- Examples include sweetened and carbonated soft drinks, packaged snacks, instant noodles, ready to eat meals, ice cream, sweets, and chocolate.

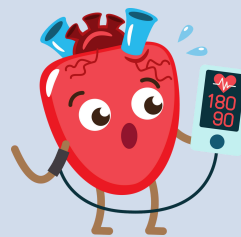
Long term effects of eating UPFs



Obesity



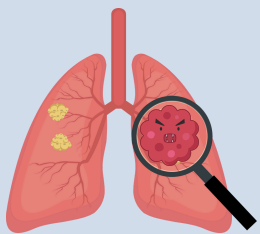
Diabetes



Hypertension



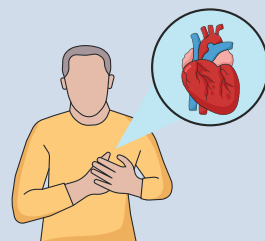
Inflammation



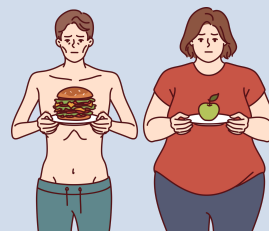
Cancer



Depression



Heart disease



Metabolic syndrome



An apple a day keeps the doctor away; an apple-flavored candy might call them over!

How to distinguish UPFs from whole foods

- UPFs are generally high in added fat, salt or sugar
- Might contain additives like artificial colors, flavors, preservatives, or sweeteners
- Includes ingredients rarely used in home cooking (e.g., hydrogenated oils)
- Adding nutrients cannot make ultra-processed foods good for you
- Packaged and marketed with health claims but is highly processed



Traffic light food chart



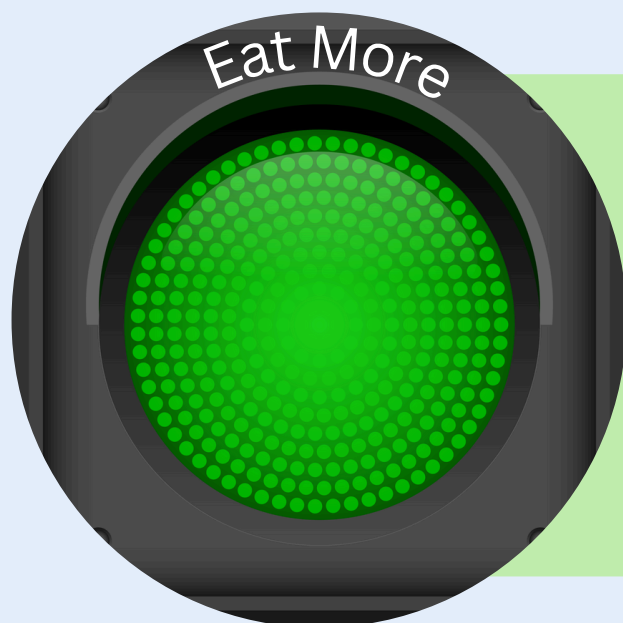
High in sugar, salt, or unhealthy fats → risk of obesity, diabetes, heart disease

- Cakes, pastries, sugary drinks
- Chips, fried foods
- Processed meats
- Packaged/instant foods



Important for growth and repair, but excess can lead to weight gain or imbalance.

- Milk, curd, paneer
- Eggs, chicken, fish
- Nuts & seeds
- Healthy oils (olive, groundnut, mustard)



These foods fuel your body, keep you energetic, and protect against diseases.

- Fresh fruits
- Vegetables (leafy greens, carrots, beans)
- Whole grains (brown rice, millets, oats)
- Pulses, legumes, sprouts
- Water



Stop, Think, Eat Right!

Your plate, your health!

The ICMR–National Institute of Nutrition suggests a daily balanced diet, allowing individuals to mix and match items from each food group.





References

- ✓ Gibney, M. J. (2023). Ultra-processed foods and health: The facts and the uncertainties. *Advances in Nutrition*, 15(1), 17–25.
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- ✓ Monteiro, C. A., et al., (2019). Ultra-processed foods: what they are and how to identify them. *Public health nutrition*, 22(5), 936–941.
- ✓ Pérez, M. C., & Goñi, I. (2022). The burden of carbohydrates in health and disease. *Nutrients*, 14(18), 3937.

