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Importance of Good Diet in Healthy Lifestyle

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Abstract

Living a healthy life style is expectation of everyone but very few obey the rule of living the healthy life. It starts with the intake of very first meal i.e. breakfast which is the starting meal of the day provides you sufficient energy to perform daily basis work. The structure of weekly diet chart is discussed in this research with all the involvement of the food commodities. The amount of energy required on daily basis depends on the selection of food ingredients. What to eat what not to is one of the toughest questions which are debatable. From many fats to enormous vegetables every ingredients has its own good effects on the body. Popularity of junk food has neglected the organic food importance but with the support and ideology of few intellectual people the trend is developed now where many knows about the difference between organic and inorganic food. To cut down the junk food one has to be aware about slow cooking and should implement the organic food habit in their life to avoid any health related issues.

Keywords. *Healthy lifestyle, Organic food, Junk food, Slow cooking, Nutrition*

1. Introduction

Diet is the composition of several meal in which all the essential food ingredients plays an important role in body. It helps to achieve right amount of energy and helps in running bodily function efficiently.

Your daily Diet should consist

- Protein
- Fat
- Carbohydrates
- Vitamins
- Minerals

You can adjust these nutrition's as per the body demand and can increase as per your

physique. For those who are away from muscles building or any kind of work out activities they should control over intake of (Protein, fat and carbohydrate). The excess consumption can increase cholesterol, fatty liver and could give bad effect on kidney functions.

Those are interested in body building can intake more protein and fat so that muscles formation can be done. The amount of intake of food has to be digested and energy should be consumed efficiently. Alcohol consumption should be limited and restricted because habit of having meat along with liquor can increases the cholesterol and could be dangerous for the

organs. calories and the consumption of these food makes
 Junk food should be avoided and you more Fatty / Bulky
 should be consumed very less it has enormous

**“Junk food -One of the obvious reasons of obesity in world”
 The sample of diet chart, can be followed for healthy life style -**

SCHEDULE	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	2 chapatti with subji (with less oil), less fat milk or skimmed milk	1 bowl Upma with Tea (less sugar)	1 bowl Poha with (green tea)	Brown bread toast with skimmed milk	2 Paratha with less oil with any seasonal subji	Oats with fresh cut fruits	Skimmed milk with corn flakes
LUNCH	2 chapati and small bowl of rice with subji ,daal and salad	2 chapati and small bowl of rice with subji ,daal and salad	2 chapati and small bowl of rice with subji ,daal and salad	2 chapati and small bowl of rice with subji ,daal and salad	2 chapati and small bowl of rice with subji ,daal and salad	2 chapati and small bowl of rice with subji ,daal and salad	2 chapati and small bowl of rice with subji ,daal and salad
EVENING	Fruit juice / cut fruits	Fruit juice / cut fruits	Fruit juice / cut fruits	Fruit juice / cut fruits	Fruit juice / cut fruits	Fruit juice / cut fruits	Fruit juice / cut fruits
NIGHT	2 chapati, daal , subji , curd and salad	2 chapati, daal , subji , curd and salad	2 chapati, daal , subji , curd and salad	2 chapati, daal , subji , curd and salad	2 chapati, daal , subji , curd and salad	2 chapati, daal , subji , curd and salad	2 chapati, daal , subji , curd and salad
MEAT			Fish Or Egg (Only White Part)				Fish Or Egg (Only White Part)
DAILY INTAKE	Amla juice on morning in empty stomach and in evening 1 hour before taking evening snacks	Amla juice on morning in empty stomach and in evening 1 hour before taking evening snacks	Amla juice on morning in empty stomach and in evening 1 hour before taking evening snacks	Amla juice on morning in empty stomach and in evening 1 hour before taking evening snacks	Amla juice on morning in empty stomach and in evening 1 hour before taking evening snacks	Amla juice on morning in empty stomach and in evening 1 hour before taking evening snacks	Amla juice on morning in empty stomach and in evening 1 hour before taking evening snacks
OCCASIONALLY INTAKE			Apple cider vinegar 1cap in 1 glass of water before 1 hour of dinner				Apple cider vinegar 1cap in 1 glass of water before 1 hour of dinner

Diet Chart courtesy- Chef Devashish Pandey

Tips-

- Avoid Street Food
- Eat In House Prepared Food
- Avoid Oil Specially All Saturated Fat (Butter,Ghee)
- Use Less Oil In Food
- Don't Eat Junk Food Too Much.
- Drink Lots Of Water, Fresh Juice For Hydration.
- Eat Sesaonal Fruits When Ever You Want To Take Light Meal
- Include Lots Of Green Leafy Vegetables In Your Food Diet
- Have Food As Per Scheduled Meal.

2. Review of Literature



Courtesy-helpguide

Ribeiro Jéssica Souza(2019) stated that demand of food additives has been increased which leads to several serious health related diseases. The demand is increased due to lack of time and busy schedule among people .consumption of ready to eat food has become very common due to time constraint. Less

availability of fruits and vegetables also one of the reason of boosting food additive demands. Eekelen Esther van, BeulensJoline W J, Geelen Anouk (2019) stated that non-alcoholic beverages also contributes to the fatty liver disease which can lead to cardiovascular disease. The consumption of alcoholic and non-alcoholic beverages should be minimum and should be taken in very appropriate amount to avoid such circumstances which will be unfavourable for the body. Frezza Eldo E and Haney Fatma (2018) stated that weight problem is now common issue. The fast moving life brought terrible changes and developed bad habits in human. Inappropriate diet and lack of nutrition balanced food is one of the gifts of that. Meal should be consumed as per the body requirement and the amount of physical activity is performed by the individual. Involment of all the major nutrition in the food provides sufficient amount of energy and helps in efficient bodily function.

3. Research Discussion

In this research paper impact of healthy diet is explored with the appropriate diet which is suitable for adult and it helps to protect from several chronic diseases. Diet should have variety of seasonal vegetables and fruits to get rich amount of nutrition. We all need balanced amount of protein, carbohydrates and fat in our diet to perform physical and mental activities, growth of body is depends on the nutrition, todays life is very fast and increasing production of tin and canned food is proven example that we eat food just to fulfil our stomach but it doesn't

complete the required amount of nutrition of body. No one is perfect in food habit but following the schedule and maintaining the diet is not a big task when it comes on our precious body. One should see the label before purchasing the packed food; it gives you rough estimation about the nutrition present in it.

4. Conclusion

Home cooked meal that is known as homemade food is the best food to eat; it is free from additives and adulterations. It helps us to enter into healthy lifestyle. There are no substitutes of organic food. Diet with the involvement of dairy, nuts, cereals and pulses makes your food complete and helps to produce required amount of energy. Less consumption of carbonated drinks (alcoholic and non-alcoholic), less consumption of high fat content meat protects to from any chronic diseases. Awareness is required and set examples should be circulated to promote healthy life style. Daily basis (light to heavy) exercise should be performed as per the body and physical requirements but diet should be maintained and meal should be consumed as per the schedule.

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