

An overview of healthy diet

Lene Meinert*

Meinert L. An overview of healthy diet. J Food Clin Nut Vol 2020;3(3):16.

A healthy diet is one that helps maintain or improve overall health. A

DESCRIPTION

A healthy diet may contain some of fruits, vegetables, and whole grains, and includes little to no processed food and sweetened beverages. The requirements for a healthy diet can be met from a variety of plant-based and animal-based foods, although a non-animal source of vitamin B12 is needed. The following five recommendations with respect to both populations and individuals. Maintain a healthy weight by eating roughly the same number of calories that your body is using. Limit intake of fats. Not more than 30% of the total calories should come from fats. Prefer unsaturated fats to saturated fats. Avoid trans fats. Eat at least 400 grams of fruits and vegetables per day (potatoes, sweet potatoes, cassava and other starchy roots do not count). A healthy diet also contains legumes (e.g. lentils, beans), whole grains and nuts.

The principles of good diets are so simple that I can summarize them in just ten words: eat less, move more, eat lots of fruits and vegetables. For additional clarification, a five-word modifier helps: go easy on junk foods. Follow these precepts and you will go a long way toward preventing the major diseases of our overfed society: coronary heart disease, certain cancers, diabetes, stroke, osteoporosis, and a host of others. These precepts constitute the bottom line of what seem to be the far more

healthy diet provides the body with essential nutrition: fluid, macronutrients, micronutrients, and adequate calories.

for those following a vegan diet. Various nutrition guides are published by medical and governmental institutions to educate individuals on what they should be eating to be healthy. Nutrition facts labels are also mandatory in some countries to allow consumers to choose between foods based on the components relevant to health.

Complicated dietary recommendations of many health organizations and national and international governments, the forty-one “key recommendations” of the 2005 Dietary Guidelines, for example. Although you may feel as though advice about nutrition is constantly changing, the basic ideas behind my four precepts have not changed in half a century. And they leave plenty of room for enjoying the pleasures of food.

It emphasizes both health and environmental sustainability and a flexible approach. The committee that drafted it wrote: “The major findings regarding sustainable diets were that a diet higher in plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, and lower in calories and animal-based foods is more health promoting and is associated with less environmental impact than is the current U.S. diet. This pattern of eating can be achieved through a variety of dietary patterns, including the “Healthy U.S.-style Pattern”, the “Healthy Vegetarian Pattern” and the “Healthy Mediterranean-style Pattern”. Food group amounts are per day, unless noted per week.



Figure 1) Healthy diet.

Center of Meat Technology, Danish Meat Research Institute, Danish Technological Institute, Gregersensvej 9, 2630 Taastrup, Denmark

Correspondence: Lene Meinert. Center of Meat Technology, Danish Meat Research Institute, Danish Technological Institute, Gregersensvej 9, 2630 Taastrup, Denmark, e-mail: lme@teknologisk.dk

Received: November 06, 2020, Accepted: November 17, 2020, Published: November 24, 2020



This open-access article is distributed under the terms of the Creative Commons Attribution Non-Commercial License (CC BY-NC) (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits reuse, distribution and reproduction of the article, provided that the original work is properly cited and the reuse is restricted to noncommercial purposes. For commercial reuse, contact reprints@pulsus.com

