

Summary:

A diet is said to be balance when it provide proper amount and proportion of various nutrients such as carbohydrate, fats, protein, vitamins, mineral etc. according to the daily requirement of the individual. The concept of balance diet depends upon two major factors which are; i. Nutrients need and ii. Calorific needs. Beside the above two factors the other factor the concept of balance diet is no. of meals. It has been suggested that eating fewer no. and larger meal per day impairs (harmed) the glucose tolerance and increases the body weight and fat contains of the body. Children and teenagers should have 3 regular meals and 1-2 snacks each day to get the maximum amount of energy and nutrients which they require. Malnutrition is caused by eating a diet in which nutrients are not enough or are too much such that it causes health problems. It is a category of diseases that includes undernutrition and overnutrition. Overnutrition can result in obesity and overweight. Malnutrition; however, is frequently used to mean just undernutrition. Undernutrition is sometimes used as a synonym of protein energy malnutrition. Food is adulterated to increase the quantity and make more profit. The food is sucked of its nutrients and the Place where the food is grown is often contaminated. For example: Milk is mixed with water. Vanaspati is used as an adulterant for ghee. Ergot is used as an adulterant for cereals. Chalk-powder is used as an adulterant for flour. Chicory is used as an adulterant for coffee. Papaya seeds are used as an adulterant for pepper. Brick-powder is used as an adulterant for chilly-powder. Tamarind seed powder is used as adulterant for coffee. Wood powder is adulterated for turmeric and dhaniya powder.