



Diet planning

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Planning a Healthy Diet

- **Principles and Guidelines**

- Most of the foods we eat, provide several nutrients. So to make a wiser diet plan, it is prudent to select a combination of foods that deliver a full contingent of nutrients for good health.
- Our major focus should be on **selecting foods** that will deliver all the essential nutrients without excessive energy intake.
- **Food choices** made over years influence the body's health, and consistently poor choices increase the risks of developing chronic diseases.
- ***Diet-planning principles and dietary guidelines are key concepts to keep in mind whenever selecting foods.***

Diet-Planning Principles

- Six Basic Diet-Planning Principles: ABCDMV planning
- **A**dequacy
- **B**alance
- **kC**alorie (energy) control
- Nutrient **D**ensity
- **M**oderation
- **V**ariety

Diet-Planning Principles....

- **1. Adequacy:** means that the diet should provide sufficient energy and enough of all the nutrients required by the healthy people.
- **2. Balance:** The art of balance means use enough - but not too much - of each type of food while planning a diet.
- e.g. meat, fish and poultry are rich in iron but poor in calcium and dietary fiber; milk and milk products are rich in calcium but poor in iron and dietary fiber.
- Grains, fruits and vegetables are rich in many vitamins, minerals and dietary fiber but low in good quality proteins. Consuming any one food may results in deficiency of a nutrient lacking in that food, but create a balance among all these foods to provide all essential nutrients in your diet.
- ***Balance in the diet helps to ensure adequacy.***

Diet-Planning Principles....

- **3. Kcalorie (Energy) Control:** It is the management of food energy intake. So, it is very important to design an adequate, balanced diet without overeating. For this purpose, the basic rule is to select foods of high nutrient density.
- **4. Nutrient Density:** It is measure of the nutrients a food provides relative to the energy it provides.
- Nutrient density promotes adequacy and kcalorie control. The more the nutrients and the fewer kcalories, the higher is the nutrient density of food.
- Select foods that supply the most nutrients but the least amount of food energy (kcalories).

Diet-Planning Principles....

- **5. Moderation:** is the key for good diet planning and means providing enough but not too much of a nutrient.
- Moderation contributes to adequacy, balance and kcalorie control.
- Although, foods rich in fat sugar provide greater enjoyment and energy, but these provide relatively few nutrients.
- So, eat sparingly foods that are rich in fat and sugar, and select foods that are low in fat and sugar.
- ***Moderation contributes to adequacy, balance, and kcalorie control.***

Diet-Planning Principles....

- **6. Variety:** means eating a wide selection of foods within and among the major food groups.
- A diet may have all the nutrients but may still lack variety, if a person eats same foods day after day.
- One can choose among various fruits, vegetables, meat, poultry, eggs, fish dishes to create variety.
- Select foods from each of the food groups daily and vary choices within each group.

