

# Components Of A Balanced Diet

Carbohydrates in food are converted into glucose, which is then transported around the body and is important in fueling brain function. However, if there is very little carbohydrate in the diet, the liver converts fat into fatty acids and ketone bodies, the latter passing into the brain and replacing glucose as an energy source. An elevated level of ketone bodies in the blood (a state called ketosis) eventually lowers the frequency of epileptic seizures. Around half of children and young people with epilepsy who have tried some form of this diet saw the number of seizures drop by at least half, and the effect persists after discontinuing the diet. Some evidence shows that adults with epilepsy may benefit from the diet and that a less strict regimen, such as a modified Atkins diet, is similarly effective. Side effects may include constipation, high cholesterol, growth slowing, acidosis, and kidney stones.

**Fad diet** A fad diet is a diet that is generally used only for a short time, similar to fads in fashion, without being a standard scientific dietary recommendation A fad diet is a diet that is generally

used only for a short time, similar to fads in fashion, without being a standard scientific dietary recommendation. They often make unreasonable claims for fast weight loss or health improvements, and as such are often considered a type of pseudoscientific diet. Fad diets are usually not supported by clinical research and their health recommendations are not peer-reviewed, thereby leading to unsubstantiated statements about health and disease

Senior dog diet (2000). Veterinary Dermatology  
Senior dog food diets are pet foods that are catered toward the senior or mature pet population. The senior dog population consists of dogs that are over the age of seven for most dog breeds, though in general large and giant breed dogs tend to reach this life stage earlier when compared to smaller breed dogs. “Effects of zinc and linoleic acid supplementation on the skin and coat quality of dogs receiving a complete and balanced diet”  
Senior dog foods contain nutrients and characteristics that are used to improve the health of the aging dog. Aging in dogs causes many changes to occur physiologically that will require a change in nutrient composition of their diet

A major change that occurs is the decrease in energy requirements which is addressed by lowered

caloric content of senior pet foods. Although energy requirements decrease, protein requirements increase as the dog ages. Senior dog foods include a higher protein content as well as highly digestible protein sources to deal with this. Nutrients included for joint and bone health include glucosamine, chondroitin, omega-3 fatty acids as well as two main minerals; calcium and phosphorus. Sources of fiber included in senior dog foods include beet pulp and flax seed as well as fructooligosaccharides (FOS) and mannanoligosaccharides (MOS). These act to increase... 2d2e5f1ce4

Healthy diet A healthy diet (or healthful diet) is a diet that maintains or improves overall health, providing the body with essential nutrition: water, macronutrients A healthy diet (or healthful diet) is a diet that maintains or improves overall health, providing the body with essential nutrition: water, macronutrients such as protein, micronutrients such as vitamins, and adequate fibre and food energy 2d2e5f1ce4

Gluten may cause both gastrointestinal and systemic symptoms for those with gluten-related disorders, including coeliac disease (CD), non-coeliac gluten sensitivity (NCGS), and wheat allergy. In these people, the gluten-free diet is demonstrated as an effective treatment, but studies show that up to 79% of the people with coeliac

disease have an incomplete recovery of the small bowel, despite a strict gluten-free diet. This is mainly caused by inadvertent ingestion of gluten. People with a poor understanding of a gluten-free diet often believe that they are strictly following the diet, but are making regular errors.

Belief-based diets

A healthy diet may contain fruits, vegetables, and whole grains, and may include little to no ultra-processed foods or sweetened beverages. The requirements for a healthy diet can be met from a variety of plant-based and animal-based foods, although additional sources of vitamin B12 are needed 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. Not only advertising may drive preferences towards unhealthy foods. To reverse this trend, consumers should be informed, motivated and empowered to choose healthy diets. Nutrition facts labels are also mandatory in some countries to allow consumers to choose between foods based on the components relevant to health. The lack of a healthy diet contributes massively to the global disease burden, imposing immense health, economic and social costs.

Alternative medicine practitioners who have promoted the alkaline diet have advocated its use in the treatment of various medical conditions, including cancer. These claims have been mainly

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promoted on websites, magazines, direct mail, and books, and have been mainly directed at a lay audience. This version of the diet...

List of diets People's dietary choices are often affected by a variety of factors, including ethical and religious beliefs, clinical need, or a desire to control weight. individual's diet is the sum of food and drink that one habitually consumes. Dieting is the practice of attempting to achieve or maintain a certain weight through diet. Dieting is the practice of attempting to achieve or maintain a certain weight An individual's diet is the sum of food and drink that one habitually consumes

In addition, a gluten-free diet may, in at least some cases, improve gastrointestinal or systemic symptoms in diseases like irritable bowel syndrome, rheumatoid... Some people's dietary choices are influenced by their religious, spiritual or philosophical beliefs. The "acid-ash" hypothesis claimed that excess dietary production of acid was a risk factor for osteoporosis, but the scientific evidence does not support this hypothesis. Not all diets are considered healthy. Some people follow unhealthy diets through habit, rather than through a conscious choice to eat unhealthily. Terms applied to such eating habits include "junk food diet" and "Western diet". Many diets are considered by clinicians to pose significant

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health risks and minimal long-term benefit. This is particularly true of "crash" or "fad" diets – short-term, weight-loss plans that involve drastic changes to a person's normal eating habits. 2d2e5f1ce4

**Alkaline diet** It originated from the acid ash hypothesis, which primarily related to osteoporosis research. However, their claims are false, and there is no evidence supporting the claimed mechanisms of this diet, which is not recommended by dietitians or other health professionals. Proponents of the diet believe that certain foods can affect the acidity (pH) of the body and that the change in pH can therefore be used to treat or prevent disease. Alkaline diet (also known as the alkaline ash diet, alkaline acid diet, acid ash diet, and acid alkaline diet) describes a group of loosely related diets based Alkaline diet (also known as the alkaline ash diet, alkaline acid diet, acid ash diet, and acid alkaline diet) describes a group of loosely related diets based on the misconception that different types of food can affect the pH balance of the body 2d2e5f1ce4

**Sustainable diet** These diets are comparable to the climatarian diet, with the added domains of economic sustainability and accessibility. age, the diet becomes increasingly expanded. For children and adults, it includes a wide variety of minimally processed foods that are balanced across food Sustainable diets are "dietary patterns that promote

all dimensions of individuals' health and wellbeing; have low environmental pressure and impact; are accessible, affordable, safe and equitable; and are culturally acceptable". These diets are nutritious, eco-friendly, economically sustainable, and accessible to people of various socioeconomic backgrounds. , obesity), while accounting for ecological phenomena such as climate change, loss of biodiversity and land degradation. , undernourishment) and excesses (e. g. g. Sustainable diets attempt to address nutrient deficiencies (e 2d2e5f1ce4

**Nutrition psychology** Nutrition psychology seeks to understand the relationship between nutritional behavior, mental health and general well-being. It is an applied field that uses an interdisciplinary approach to examine the influence of diet on mental health. prebiotics may support mental well-being by promoting a balanced gut microbiota. These dietary components help regulate inflammation and neurotransmitter activity Nutrition psychology is the psychological study of the relationship between dietary intake and different aspects of psychological health. It is a sub-field of psychology and more specifically of health psychology, and may be applied to numerous related fields, including psychology, dietetics, nutrition, and marketing 2d2e5f1ce4

== Alternative medicine == 2d2e5f1ce4 The original therapeutic diet... 2d2e5f1ce4 Only diets covered on Wikipedia are listed under alphabetically sorted headings. 2d2e5f1ce4 Generally, fad diets promise an assortment of desired changes requiring little effort, thus attracting the interest of consumers uneducated about whole-diet, whole-lifestyle changes necessary for sustainable health. Fad diets are often promoted with exaggerated claims, such as rapid weight loss of more than 1 kg/week, improving health by "detoxification", or even more dangerous claims achieved through highly restrictive and nutritionally unbalanced food choices leading to malnutrition or even eating non-food items, such as cotton wool. Highly restrictive fad diets should be avoided. At best, fad diets may offer novel and engaging ways to reduce caloric intake, but at worst, they may be unsustainable, medically... 2d2e5f1ce4 In order to create a sustainable diet, emphasis is placed on reducing the environmental cost incurred by food systems, including everything from production practices and distribution to the mitigation of food waste. At an individual level, most sustainable diets promote reduced consumption of meat and dairy products due to the particularly adverse environmental impact of these industries. Data on the intersection between food and sustainability has been prioritized by a variety of international... 2d2e5f1ce4

**Gluten-free diet** The inclusion of oats in a gluten-free diet remains controversial, and may depend on the oat cultivar and the frequent cross-contamination with other gluten-containing cereals. A gluten-free diet (GFD) is a nutritional plan that strictly excludes gluten, which is a mixture of prolamin proteins found in wheat (and all of its species). A gluten-free diet (GFD) is a nutritional plan that strictly excludes gluten, which is a mixture of prolamin proteins found in wheat (and all of its species and hybrids, such as spelt, kamut, and triticale), as well as barley, rye, and oats.

**Mediterranean diet** The Mediterranean diet is the most well-known and researched dietary pattern in the world. It is inspired by the eating habits and traditional foods of Greece, Italy and the Mediterranean coasts of France and Spain, as observed in the late 1950s to early 1960s. It is distinct from both Mediterranean cuisine, which encompasses the diverse culinary traditions of Mediterranean countries, and from the Atlantic diet of northwestern Spain and Portugal, albeit with some shared characteristics. The Mediterranean diet is a dietary concept that was first proposed in 1975 by American biologist Ancel Keys and chemist Margaret Keys. It is inspired. The Mediterranean diet is a dietary concept that was first proposed in 1975 by American biologist Ancel Keys and chemist

Margaret Keys

Nutrition psychology assesses how nutrition affects psychological functions, and how psychological choices and behavior influence nutrition and health. Nutrition psychology addresses dietary quality and its relation to various components of mental health. While based on a specific time and place, the "Mediterranean diet" generically describes an eating pattern that has been refined based on the results of multiple scientific studies. It emphasizes plant-based foods, particularly unprocessed cereals, legumes, vegetables, and fruits; moderate consumption of fish and dairy products (mostly cheese and yogurt); and low amounts of red meat, refined grains, and sugar. Alcohol intake is limited to wine (typically the red variety) consumed in low to moderate amounts, usually with meals. Olive oil is the principal source of fat... In 2025 only 30.8% of children aged...

**Ketogenic diet** The diet forces the body to burn fats rather than carbohydrates. plan. The classic ketogenic diet is not a balanced diet and only The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate dietary therapy that in conventional medicine is used mainly to treat hard-to-control (refractory) epilepsy in children. A small amount of MCT oil may be used to help with constipation or to

increase ketosis 2d2e5f1ce4

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