

Answer:

My Daily Diet

There is a list of the food I have every day in breakfast, brunch, lunch and dinner. I have mentioned the food items with their types below:

Breakfast:

Bread - Carbohydrate

Vegetable - Vitamins and Minerals

Butter - Fat

Rasel sir1

Brunch:

Cake - Carbohydrate

Potato chips - Carbohydrate

Lunch:

Rice - Carbohydrate

Fish - Protein

Meat - Protein

Afternoon Tea:

Milk - Protein, Calcium

fruits - Vitamins and minerals

Eggs - Protein

Dinner:

Rice - Carbohydrate

Fish - Protein

Meat - Protein

Rasel sir 2

Reason of Balanced Diet:

When we talk about a balanced diet it means choosing a variety of foods from the different food groups - specifically: vegetables and fruits; protein (meat, fish, eggs, beans, soy); dairy (low-fat milk, cheese, yogurt); carbohydrates (starchy foods like rice, pasta, potatoes and bread – preferably wholegrain or wholewheat varieties); and a small quantity of healthy fats such as the unsaturated fat from olive oil. I think my diet is balanced diet. There are some reasons of balanced diet. These are described below:

Rasel sir 3

(1) When I eat the full range of vitamins, minerals and other nutrients improve my immune system and my healthy diet may even help prevent diseases like cancer, heart disease, diabetes, and stroke.

(2) An excellent source of energy, carbohydrates should comprise roughly 60% of a person's diet or 310 grams. This is where most of your energy comes from if you're engaged in activity throughout the day; eat lots of carb-rich food items such as rice, pasta, potatoes, and wheat.

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(3) There are so many essential vitamins today, but pay particular attention to the intake of the following: vitamin A, vitamin C, vitamin B, and vitamin D. Taking multivitamins for these four is ideal although obtaining them from fruits and vegetables is even better.

(4) Minerals aid with the release of energy from food items, plus they interact with the organs to promote growth. For example, iron helps with energy, while calcium works towards bone and teeth development. Again, there are lots of minerals today, but the most important ones in your diet are: iodine, potassium, sodium, and those mentioned above.

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(5) Protein comes mainly from meat, but dietary recommendations suggest that you get it mostly from lean meat sources. They primarily help with the development of skin, hair, and muscles. The maximum daily amount is set at 50 grams for a typical adult.