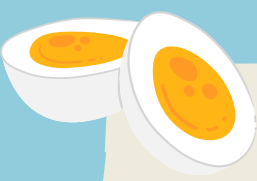


# Unbalanced diet



## *What is meant by an unbalanced diet?*

Unbalanced diet means an excess or deficiency of dietary part, such as: proteins, fat, carbohydrates, fibres, vitamins, minerals. Eating wrong type of food is potential cause of a dietary imbalance.



## *What does a well-balanced diet contain?*

There are seven main classes of nutrients that the body needs. These are carbohydrates, proteins, fats, vitamins, minerals, fibre and water. It is important that everyone consumes these seven nutrients on a daily basis to help them build their bodies and maintain their health. A healthful, balanced diet includes foods from these five groups: vegetables, fruits, grains, protein, dairy.

## *Effect of high sugar intake*

Consuming large quantities of carbohydrates on a regular basis can lead to repeated blood sugar spikes. Over time, these insulin spikes may cause your body's normal insulin response to deteriorate. As a result, you're more likely to develop sicknesses such as, insulin resistance, weight gain and diabetes (type 2).



## *Sodium in diet*

Diets high in sodium can lead to water retention, which is why you may feel puffy, bloated, or swollen after eating fast food. A diet high in sodium is also dangerous for people with blood pressure conditions. Sodium can elevate blood pressure and put stress on your heart and cardiovascular system.



## *Effect on the respiratory system*

Eating fast foods can cause obesity, which then raises the risk of respiratory issues like asthma and shortness of breath. The few extra pounds can put pressure on your heart and lungs, which results in difficulties with breathing when walking, or climbing the stairs.





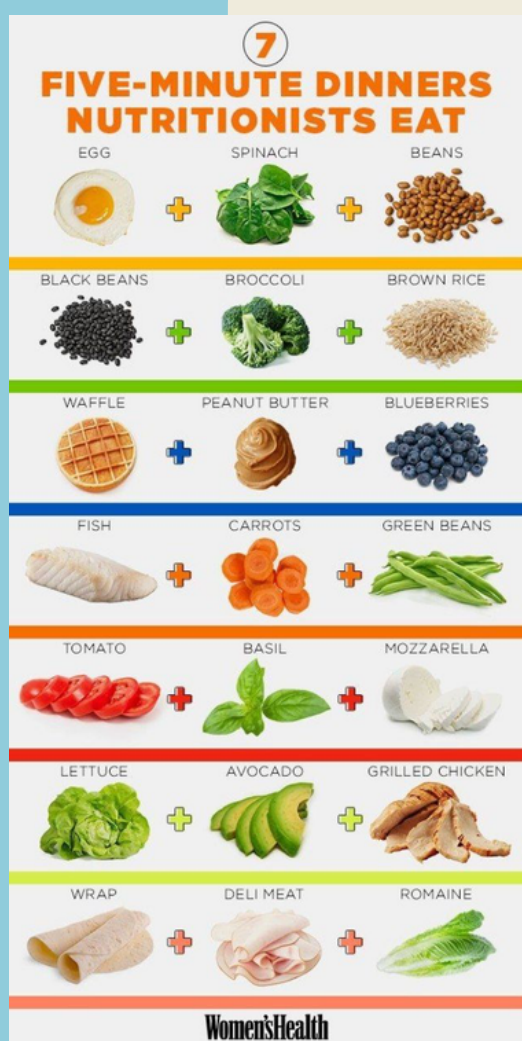
## Effect on mental health

About 95% of serotonin is produced in the gastrointestinal tract, which is lined with nerve cells. That's why the digestive system not only helps with food digestion, but also guides your emotions. A study showed that the Mediterranean style diet decreases the risk of depression, because of its content, vegetables, fruits, unprocessed grains, and fish and seafood, as well as voids of processed and refined foods and sugars.

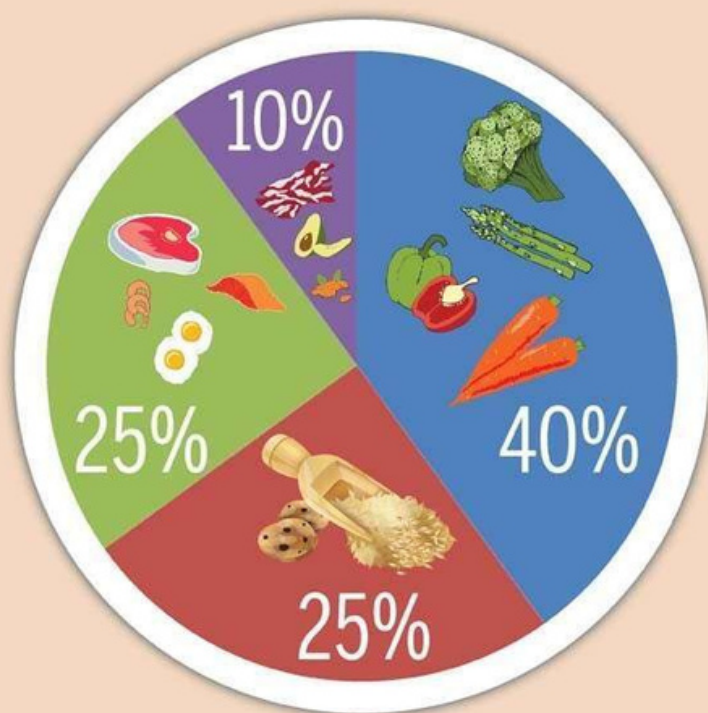
## Obesity

Reports present alarming figures for the prevalence of obesity and noncommunicable diseases. Overweight and obesity are potent risk factors for cardiovascular diseases and type 2 diabetes and are major contributors to premature death. The escalating level of overweight and obesity among children and adolescents is of particular concern, given the recent evidence linking childhood and adolescent obesity to increased risk of obesity and morbidity in adulthood.

## What to do to eat healthy?



## Balanced diet



- Fruits and vegetables
- Protein
- Fibre-rich carbohydrates
- Fats

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