

Healthy Eating

Written by Administrator

Wednesday, 02 September 2009 21:38 - Last Updated Saturday, 21 May 2011 23:29

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A healthy diet contains the right balance of different foods that you might need and the right amount of energy. A healthy diet contains:

- carbohydrates
- proteins
- fats
- vitamins
- minerals
- fibre
- water

If your diet is not balanced you are **malnourished**. This may lead to you becoming too fat or too thin. It may also lead to **deficiency**

diseases.

The

baby in the photograph is suffering from the deficiency disease kwashiorkor caused by insufficient protein in the diet. The thinning of the hair and swelling of the cheeks are signs of this. The swollen areas around the baby's lips are signs of vitamin B deficiency as well.

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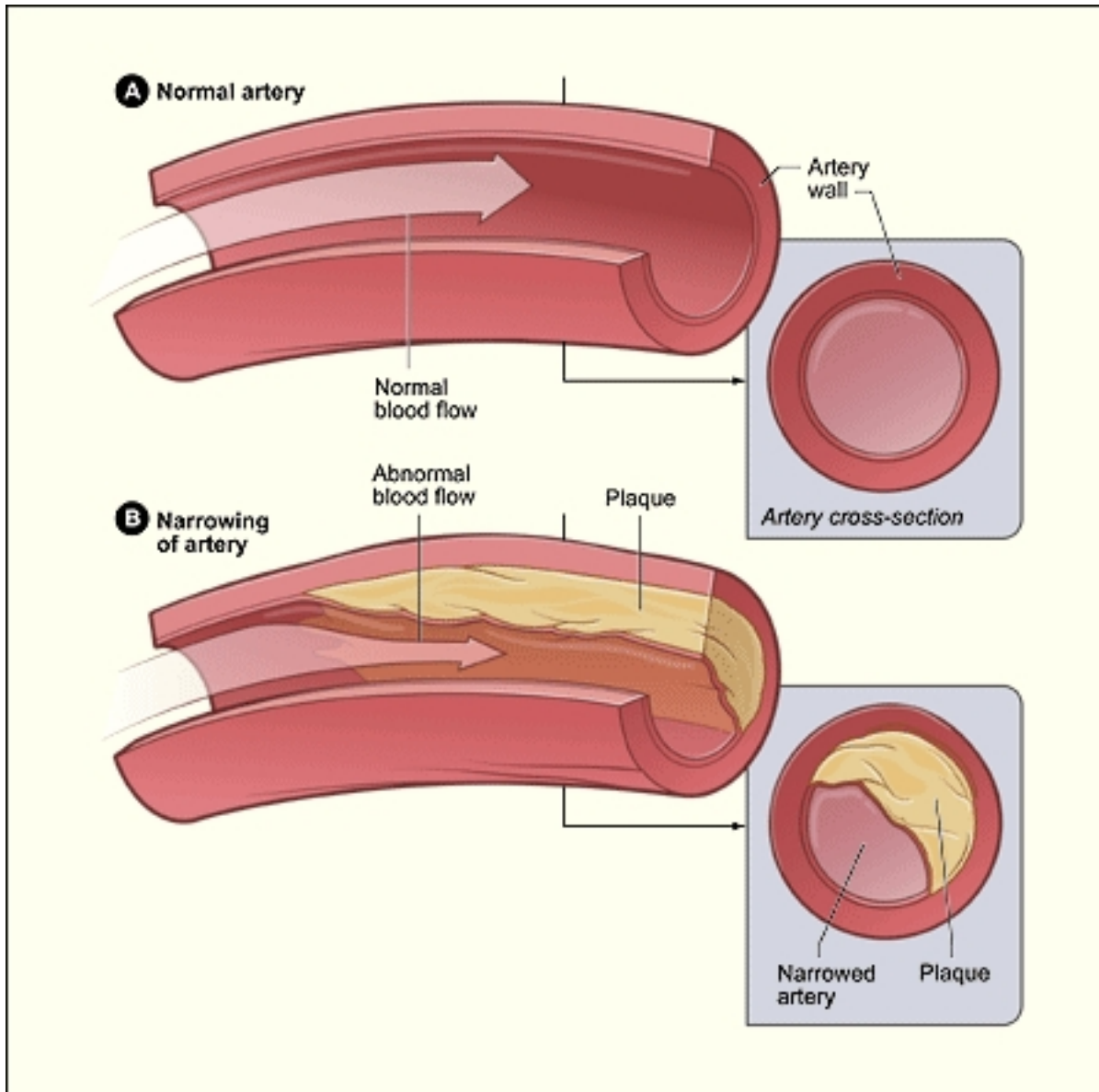
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