

# BALANCED DIET...THE KEY TO HEALTHY EATING

## A Balanced Diet

You must have carbohydrate, protein, fat, vitamins, minerals salts and fibre in the correct proportions. If there is not enough protein, you will not be able to grow properly and you will not be able to repair yourself i.e. wounds will not heal properly. If you do not have enough energy containing foods you will feel very tired, you will not have enough energy. If you have too much energy containing foods you will become overweight. If you think that you are overweight you might try taking more exercise to "burn off" some of the excess food which you ate at you last meal.

## Carbohydrates

Carbohydrates are the most important **source of energy**. They contain the elements Carbon, Hydrogen and Oxygen. The first part of the name "carbo-" means that they contain Carbon. The second part of the name "-hydr-" means that they contain Hydrogen. The third part of the name "-ate-" means that they contain Oxygen. In all carbohydrates the ratio of Hydrogen atoms to Oxygen atoms is 2:1 just like water.

We obtain most of our carbohydrate in the form of **starch**. This is found in potato, rice, spaghetti, yams, bread and cereals. Our digestive system turns all this starch into another carbohydrate called **glucose**. Glucose is carried around the body in the blood and is used by our tissues as a source of energy. Any glucose in our food is absorbed without the need for digestion. We also get some of our carbohydrate in the form of **sucrose**; this is the sugar which we put in our tea and coffee (three heaped spoonfuls for me!). Both sucrose and glucose are sugars, but sucrose molecules are too big to get into the blood, so the digestive system turns it into glucose.

When we use glucose in tissue respiration we need Oxygen. This process produces Carbon Dioxide and water and releases energy for other processes.

## Proteins

Proteins are required for **growth and repair**. Proteins contain Carbon, Hydrogen, Oxygen, Nitrogen and sometimes Sulphur. Proteins are very large molecules, so they cannot get directly into our blood; they must be turned into **amino-acids** by the digestive system. There are over 20 different amino-acids. Our bodies can turn the amino-acids back into protein. When our cells do this they have to put the amino-acids together in the correct order. There are many millions of possible combinations or sequences of amino-acids; it is our DNA which contains the information about how to make proteins. Our cells get their amino-acids from the blood. Proteins can also be used as a source of energy. When excess amino-acids are removed from the body the Nitrogen is excreted as a chemical called **urea**. The liver makes urea and the kidney puts the urea into our urine.

## Fats

Like carbohydrates, fats contain the elements Carbon, Hydrogen and Oxygen. Fats are used as a source of energy: they are also stored beneath the skin helping to insulate us against the cold. Do not think that by avoiding fat in your diet you will stay thin and elegant! If you eat too much carbohydrate and protein, you will convert some of it into fat, so you will put on weight. You must balance the amount of energy containing foods with the amount of energy that you use when you take exercise.

You must have some fat in your diet because it contains **fat soluble vitamins**.

### **Vitamins**

Vitamins are only **required in very small quantities**. There is no chemical similarity between these chemicals; the similarity between them is entirely biological.

- Vitamin A: good for your eyes.
- Vitamin B: about 12 different chemicals.
- Vitamin C: needed for your body to repair itself.
- Vitamin D: can be made in your skin, needed for absorption of Calcium.
- Vitamin E: the nice one - reproduction?

### **Mineral Salts**

These are also needed in small quantities, but we need more of these than we need of vitamins.

- Iron: required to make haemoglobin.
- Calcium: required for healthy teeth, bones and muscles.
- Sodium: all cells need this, especially nerve cells.
- Iodine: used to make a hormone called thyroxin.

### **Fiber**

We do not // **can not digest cellulose**. This is a carbohydrate used by plants to make their cell walls. It is also called roughage. If you do not eat foods materials which contain fibre you might end up with problems of the colon and rectum. The muscles of you digestive system mix food with the digestive juices and push food along the intestines by peristalsis; if there is no fibre in your diet these movements cannot work properly.

Below is a sample of a balanced meal plan for 1 day:

## BREAKFAST:

### Apple-Cinnamon Crepe

Servings: 2 servings of crepes

#### Ingredients:

2 whole eggs  
6 ounces deli ham, diced fine  
1/3 cup soy flour  
1 cup 1-percent milk  
1 red Delicious apples, peeled, cored and roughly chopped  
2/3 cup unsweetened applesauce  
2/3 cup cooked oatmeal  
2 2/3 teaspoons olive oil  
1/4 teaspoon cinnamon

#### Instructions:

In a small mixing bowl, combine eggs, soy flour and milk to form a batter. This amount of batter will make four crepes. Pour 1/2 teaspoon oil into a nonstick saute pan or crepe pan. When the oil is hot, add a quarter of the batter to pan. Cover pan with another saute or crepe pan. Cook on medium-high heat until bottom is set and crepe will move easily in pan. To turn crepe over, securely place second pan over first and turn pan over. The crepe will then be in the second saute pan. The second side of the crepe should cook for only a minute or so to color it. Transfer crepe to serving plate and repeat process to make three more crepes. (If you need more oil in the crepe pan, omit oil from crepe filling and use it for cooking the crepes.) Place apples, applesauce, oatmeal, 2/3 teaspoon oil, ham and cinnamon in another saute pan to form crepe filling. Using low heat, cook mixture until apples are tender. When ready, divide filling amount the four crepes by placing it in a line along the center of each crepe. Fold over the sides to make a trifold. Serve immediately, two crepes per plate.

## SNACK:

### Jellied Fruit Salad With Walnuts

4 servings, one block each

#### Ingredients:

4 envelopes Knox Unflavored Gelatin  
1 kiwi fruit, peeled and diced  
1 cup raspberries  
1 cup strawberries, diced  
1/2 cup seedless red grapes, halved  
4 teaspoons walnuts, chopped  
2 cups water  
1 tablespoon banana extract  
1 tablespoon orange extract  
1/2 teaspoon strawberry extract  
Mint leaves

#### Instructions:

In saucepan, place gelatin and water, stir until dissolved, then add fruit and extracts. Heat to a simmer, stirring gently for 10 minutes until the raspberries dissolve. Pour liquid into eight-inch by eight-inch by two inch pan and let cool. When Jellied Fruit Salad has set, place in four serving dishes and garnish with mint leaves.

Note: when choosing berries, look for those that are medium-sized and uniform in color. They should also feel solid to the touch and not be leaking juice.

## LUNCH:

### Grilled Turkey Salad With Mandarin Oranges

Turkey is the crowning glory of Thanksgiving Day. The day after that it's fun to feast on leftovers. The day after that? It's time to be creative to find ways to enjoy turkey leftovers. Here are some recipes adapted from Dr. Sears' "Zone-Perfect Meals in Minutes."

1 lunch entree

#### Ingredients:

4 ounces cooked turkey breast, cubed  
1 cup celery, finely sliced  
3/4 cup red onion, finely sliced  
Romaine lettuce  
1/2 cup Zoned French Dressing, recipe to follow  
1/3 cup unsweetened Mandarin oranges  
1 peach  
1 1/3 teaspoons olive oil  
1/8 teaspoon turmeric  
1 tablespoon fresh mint, chopped

#### Instructions:

In a salad bowl, combine turkey, celery, onion, oil, Zoned French Dressing, peach, oranges, turmeric and mint. Toss lightly to coat. On a lunch plate place lettuce, top with turkey mixture and serve.

## DINNER:

### Spanish Seafood Stew

Serves two

#### Instructions:

4 1/3 teaspoons extra-virgin olive oil  
2 tablespoons jarred, rinsed chopped garlic  
1/2 cup roasted peppers, drained and chopped  
1 teaspoon dry thyme leaves  
1 teaspoon sweet paprika  
1/2 teaspoon saffron  
Kosher salt and black pepper to taste  
1 bottle clam juice or 1 cup fat-free chicken stock  
1/2 cup dry white wine  
1 bay leaf  
1 cup canned Del Monte Italian-style diced tomatoes  
1 1/2 cups French cut green beans  
1 9-ounce package frozen Bird's Eye artichoke hearts, thawed  
1/2 cup canned chickpeas, drained and rinsed  
9 ounces fresh haddock  
3 ounces raw uncooked shrimp, peeled and deveined

#### Instructions:

In a large sauté pan over medium heat add the olive oil and sauté the garlic and peppers about 1 minute. Add the thyme, paprika, and saffron. Sprinkle with kosher salt and a little black pepper. Cook on medium high for about 2 minutes, stirring constantly to prevent garlic from burning. Add the stock or clam juice, white wine, bay leaf, and bring to a boil for one minute. Add the tomatoes, string beans, artichoke hearts, and chickpeas. Cook for another minute on high. Lower the heat to

medium heat and add the haddock and shrimp, pushing it carefully under the ingredients in the pan. Cover the pan and let cook about two minutes. Uncover, and carefully flip the haddock and shrimp over and cook uncovered for about 5 minutes or until the haddock is flaky and fully cooked, and the shrimp is pink. Season with salt and pepper.

## SNACK:

### Poached Pear With Cheese

#### Ingredients:

2 cups low-fat cottage cheese  
3 pears, halved, cored and sliced in thin strips  
4 ounces Johannesburg Riesling  
2 teaspoons cornstarch  
1/4 cup blueberries  
8 teaspoons almonds, sliced  
1/2 teaspoon orange extract  
1/2 teaspoon lemon extract  
Dash of ground cloves

#### Instructions:

In a small, nonstick pan combine wine, extracts and cornstarch. (Mix cornstarch in wine before adding to sauté pan.) Add pears to the sauté pan and bring to a simmer. Simmer for three to five minutes, stirring frequently, until pears are softened and the juices reduce and thicken. As the mixture cooks, add cloves. Divide cottage cheese into the bottom of eight serving bowls. Place warm pears on top of cottage cheese. Sprinkle with almonds and blueberries and serve.

\*Substitutes for vegetables and fruits can be made.

One of the biggest misconceptions about losing weight is that you have to “starve” yourself! THAT IS NOT TRUE!! In fact, just the opposite, eating a well-rounded breakfast, an energizing lunch and balanced dinner, with 2 snacks during the day, will keep your body’s engine running, burning calories all day long and will make you lose weight faster and keep those pounds off for good. Plus, eating regular, balanced meals throughout the day will help you get rid of those month to month diets that keep your weight in a “Yo Yo” state and teach you how to live and eat healthy for life!!