

## 2.2: Healthy Diet and Physical Activity

### 2.2.1. Healthy Diet

In this Section,  
you will learn about:

- Classification of Food Groups with examples.
- Difference between a Healthy and an Unhealthy Diet.
- Effects of an Unhealthy Diet.
- How to make Healthy Food Choices.
- How Unhealthy Food Choices are due to lack of Information or Poverty, rather than Availability.


### What is a Healthy Diet?

In Modules 6 and 7 you have learnt about nutrition of the child and pregnant woman. In this module, you will learn how healthy eating habits are important in preventing and controlling non-communicable diseases.

There are four basic food groups listed in the table below. Eating foods from all food groups is called Dietary Diversity. It means that foods from all the basic four food groups should be eaten in proper quantities.

The quantity of foods needed to meet body requirements differ with age, gender, body composition and physical activity. Thus those who engage in heavy work need to eat more, but those who do not do much activity need lower quantities. Many traditional foods that are fibre-rich like whole products - wheat (atta products), jowar, bajra, maize, unhusked dals (with chilka), fruits and vegetables constitute a Healthy Diet. Eating such foods also helps to maintain a healthy body weight and reduces the risk of NCDs. Some Non-Communicable Diseases require food restrictions. People suffering from NCDs require specific dietary advice.

### Classification of Food Groups with examples

Food Group	Examples*
<b>Cereals, Millets and Pulses</b> 	Cereals - Wheat, wheat flour ( <i>atta/maida</i> ), rice (brown/white), rice flakes ( <i>chiwra</i> ), maize/corn, barley, oats, <i>suji</i> , vermicelli ( <i>sevian</i> ), puffed rice, etc.;  Millets - <i>Bajra, Ragi, Jowar</i> ,  Pulses/dals and legumes - Bengal gram ( <i>channa dal</i> ), Bengal gram flour ( <i>besan</i> ), green gram ( <i>moong dal</i> ), black gram ( <i>urad dal</i> ), arhar dal ( <i>tur dal</i> ) chickpea (white/black/green <i>chana</i> ), sprouted pulses, legumes like rajma, <i>lobia</i> , soyabean and its products, etc.