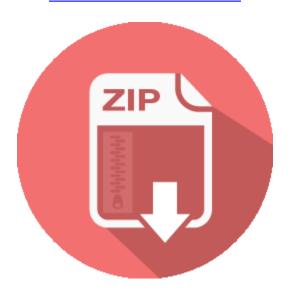
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First and foremost, any food that a person takes in should be essentially balanced. A balanced diet should include all the necessary nutrients like proteins, carbohydrates, vitamins, minerals and fats in right quantities.

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