task 2 A healthy diet is one that helps to maintain or improve overall health . A healthy diet provides the body with essential nutrition : fluid, adequate essential amino acids from protein , [1] essential fatty acids , vitamins , minerals , and adequate calories. The requirements for a healthy diet can be met from a variety of plant-based and animal-based foods. A healthy diet supports energy needs and provides for human nutrition without exposure to toxicity or excessive weight gain from consuming excessive amounts. Where lack of calories is not an issue, a properly balanced diet (in addition to exercise) is also thought to be important for lowering health risks, such as obesity , heart disease , type 2 diabetes , hypertension and cancer . [2]