

SNS COLLEGE OF PHARMACY AND HEALTH SCIENCES



Affiliated To The Tamil Nadu Dr. MGR Medical University, Chennai
Approved by Pharmacy Council of India, New Delhi.
Coimbatore -641035

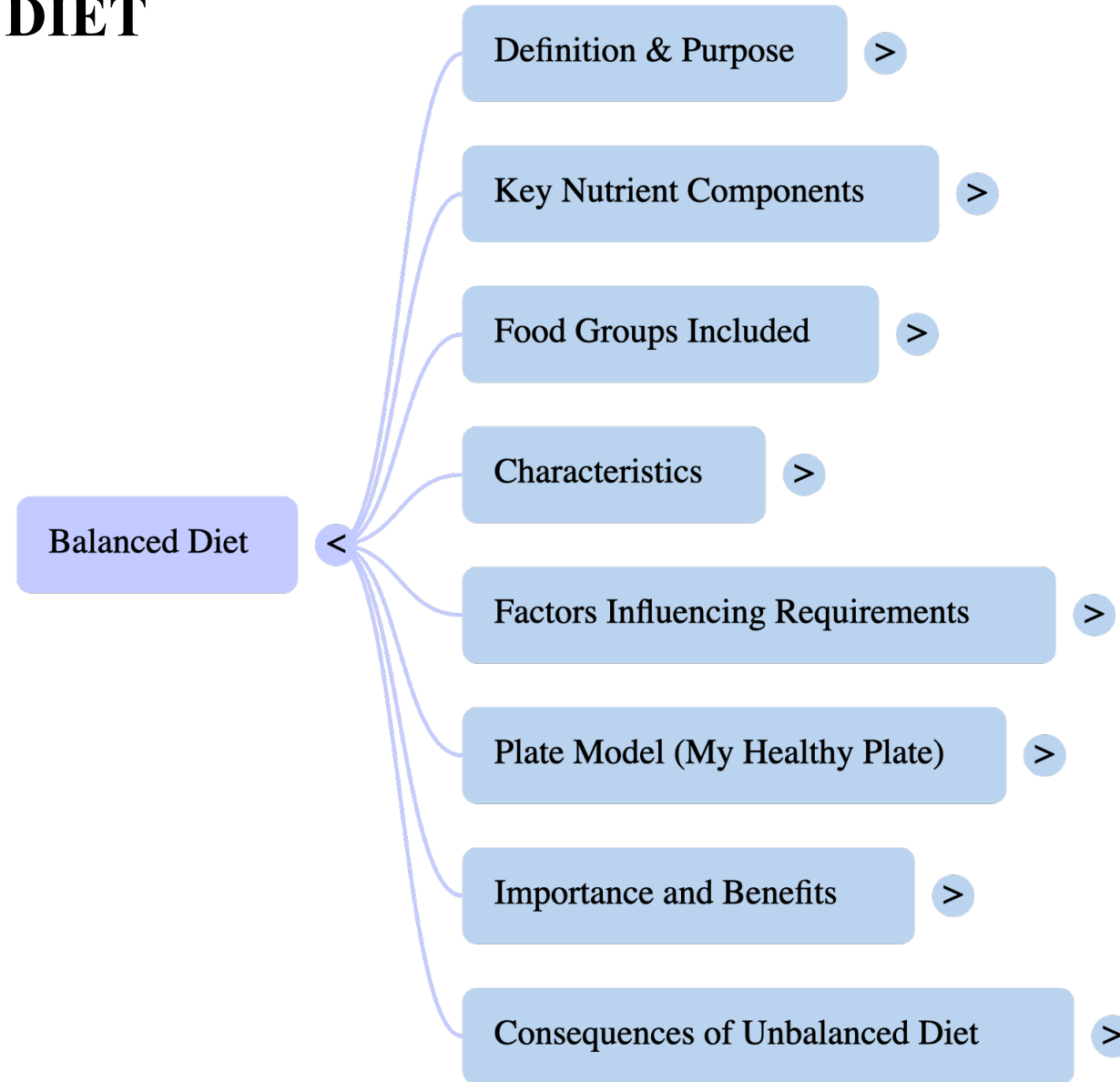
COURSE NAME : SOCIAL AND PREVENTIVE PHARMACY (BP 802 T)

B.PHARM. VIII SEM / IV YEAR

UNIT 1: TOPIC 2 : SOCIAL AND HEALTH EDUCATION

BALANCED DIET

BALANCED DIET



DESIGN THINKING BALANCED DIET

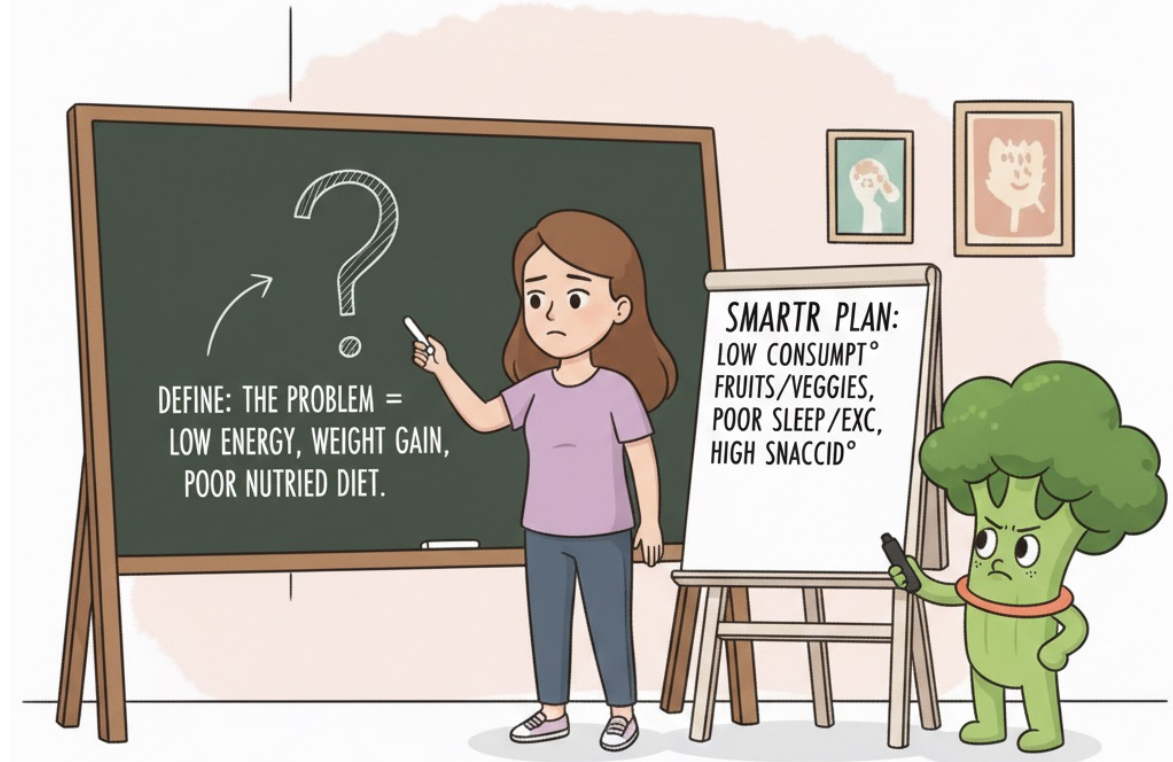
1. EMPATHY

EMPATHY: UNDERSTANDING SARAH'S STRUGGLE

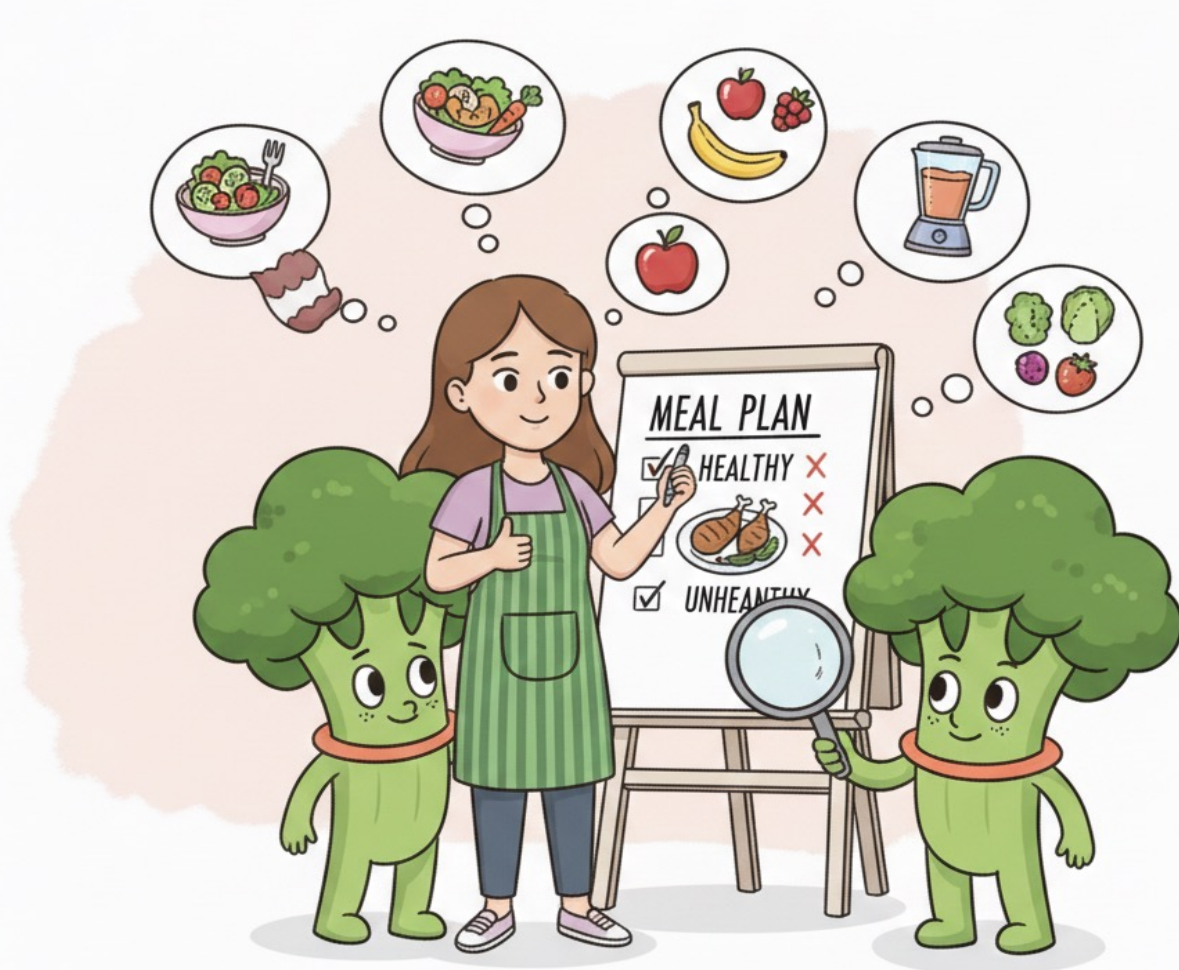


2. DEFINE

DEFINE: CLARRING THE CHALLENGE



3. IDEATE

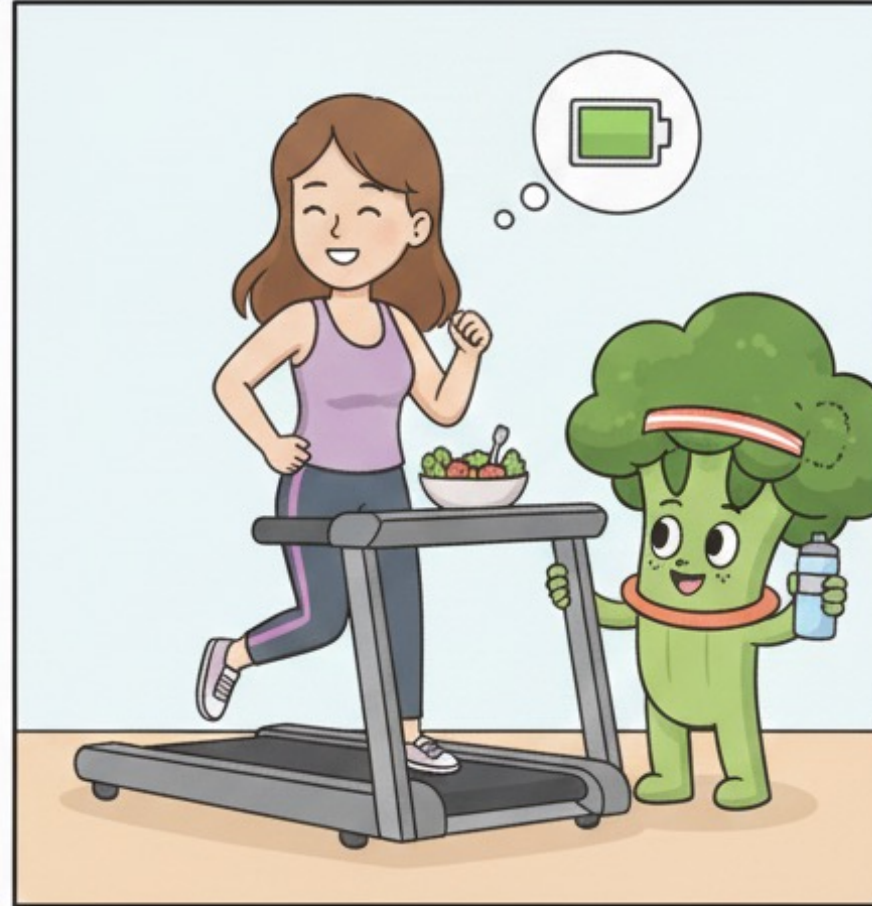


DESIGN THINKING BALANCED DIET

PROTOTYPE



TEST

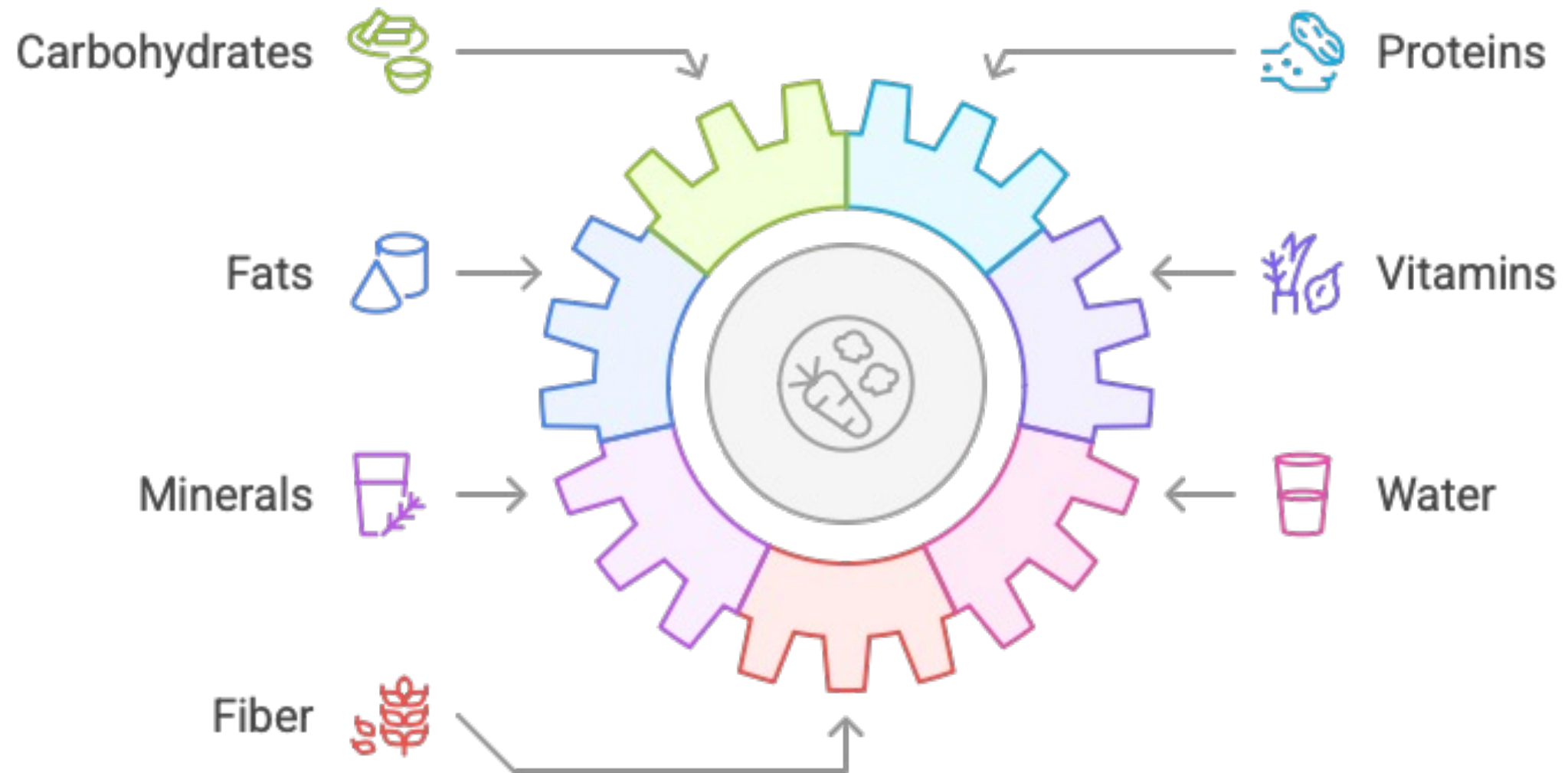


DESIGN THINKING BALANCED DIET

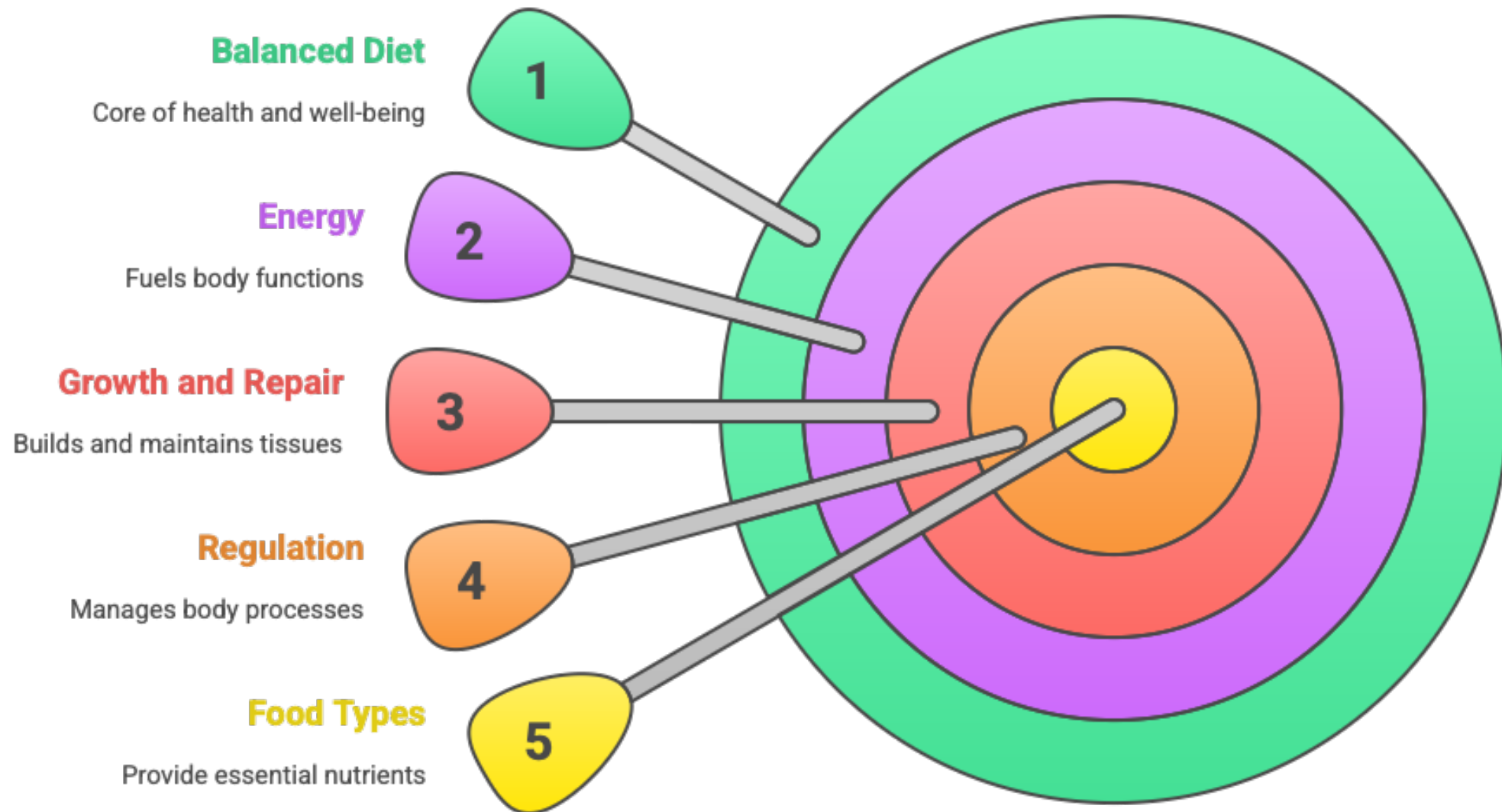
EVOLVE: A LIFETIME OF WELLNESS CONTINUOUS ADAPTATION & GROWTH



COMPONENTS OF BALANCED DIET



COMPOSITION OF BALANCED DIET



How to achieve a balanced diet for optimal health?



Balanced Diet

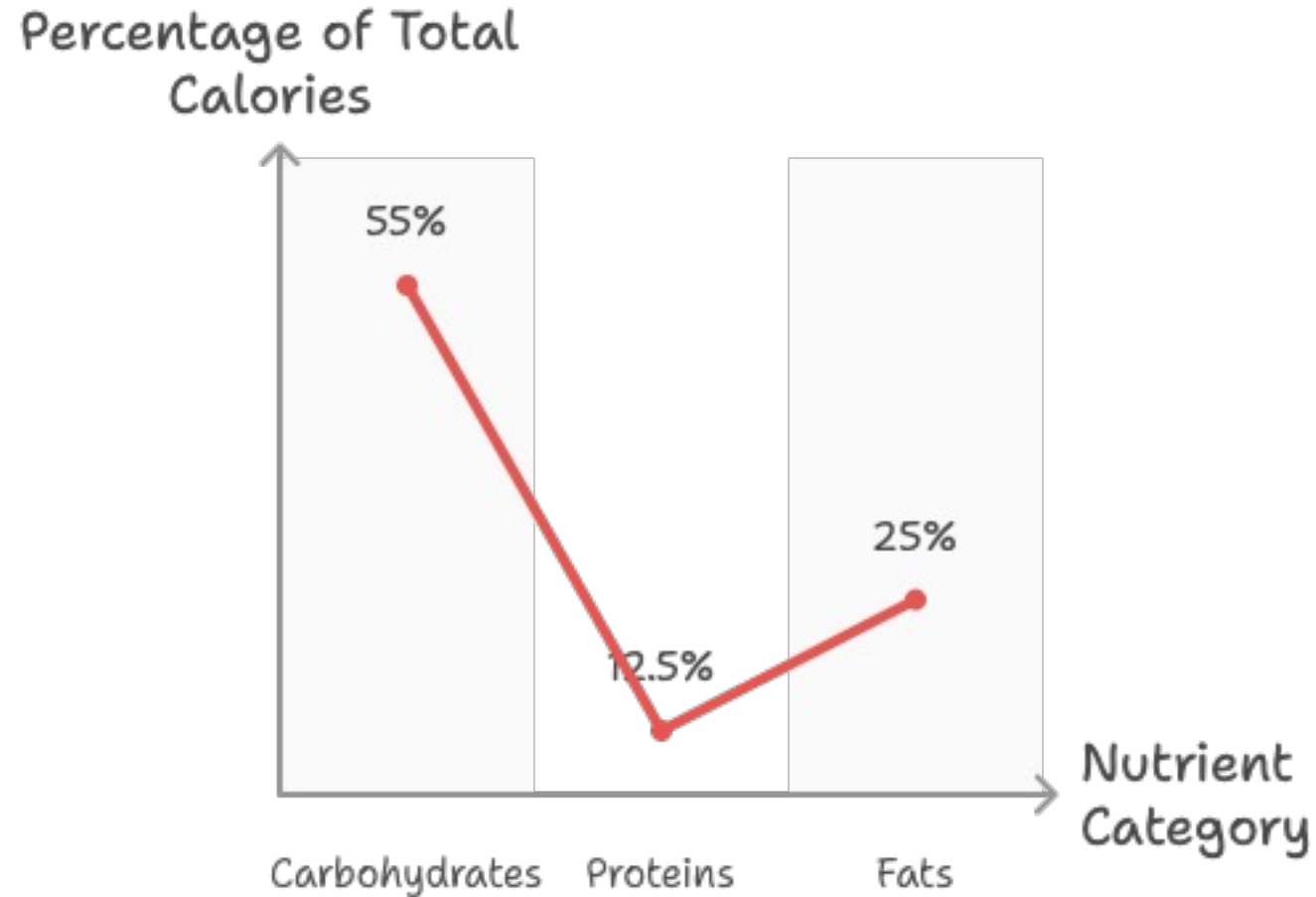
Provides essential nutrients in the right proportions



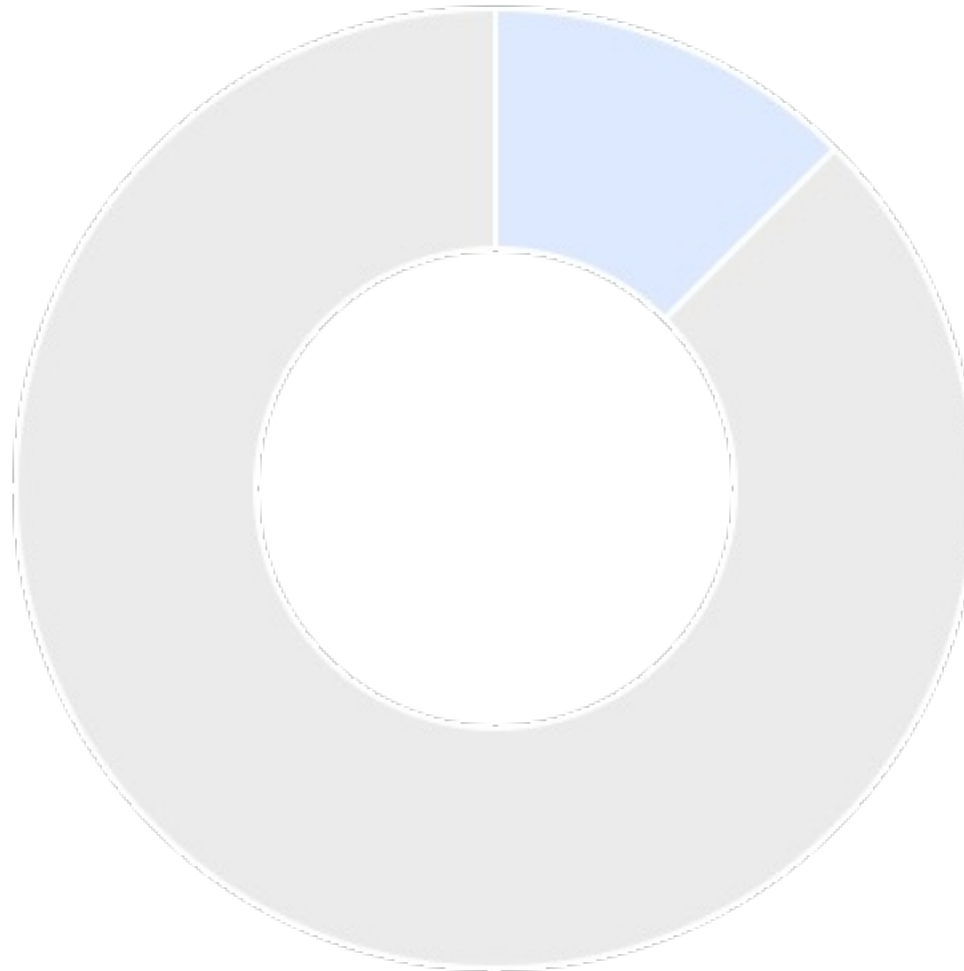
Unbalanced Diet

Leads to nutrient deficiencies and health problems

RECOMMENDED DAILY CALORIE DISTRIBUTION



DISTRIBUTION OF DAILY CALORIE FROM PROTEIN



12.50% Protein

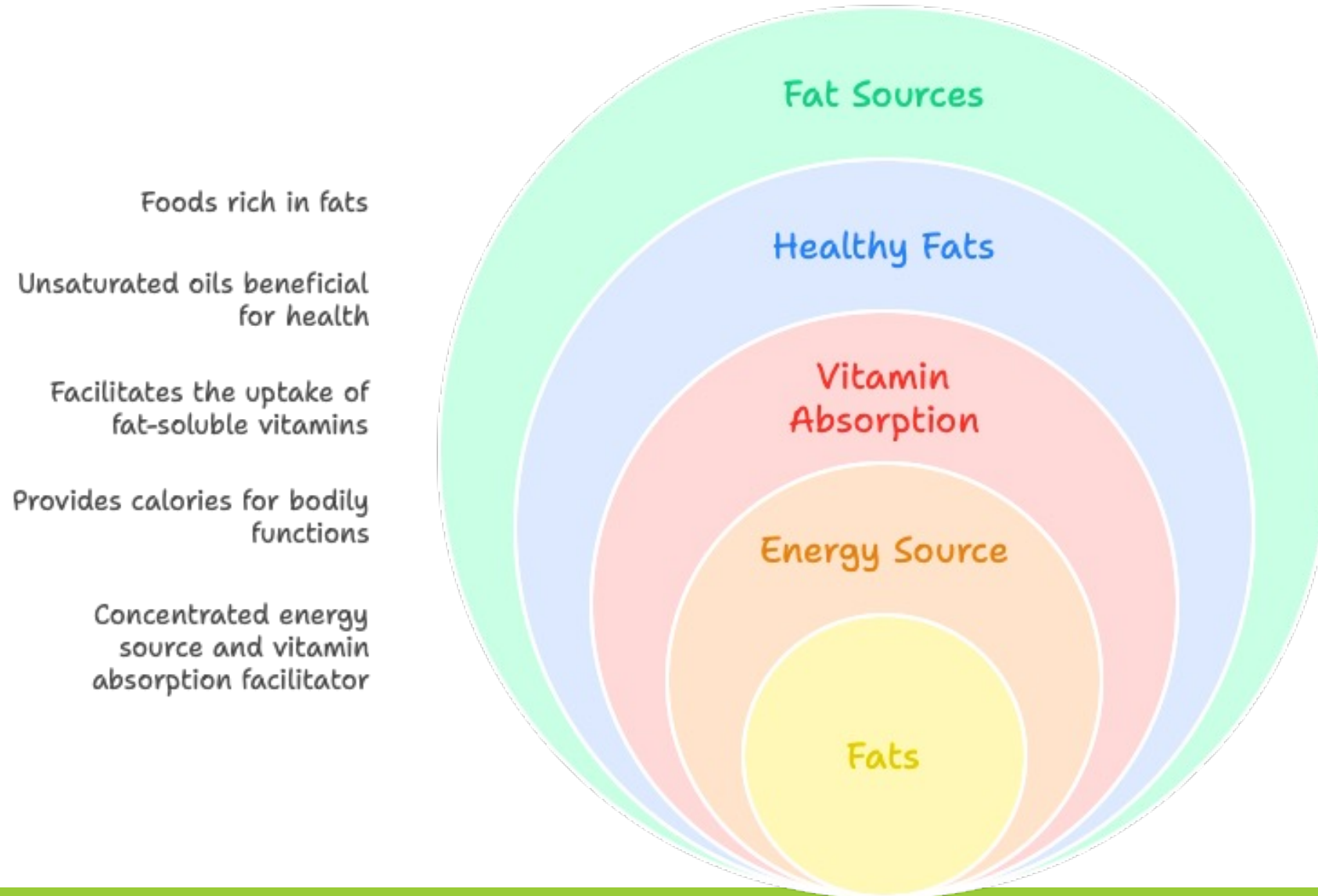
10-15% of total calories



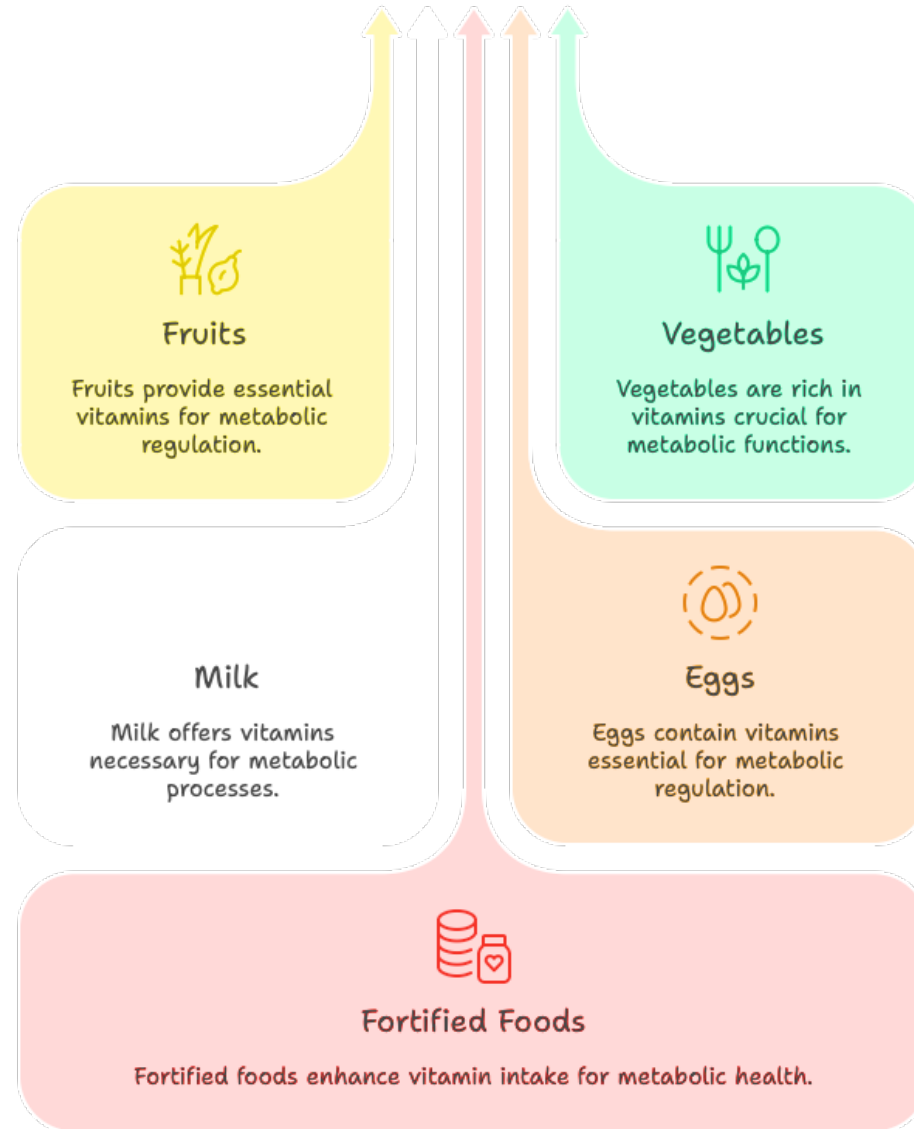
87.50% Others

Remaining calories from other sources

FATS IN BALANCED DIET



VITAMINS FOR METABOLIC HARMONY



ESSENTIAL MINERAL FOR HEALTH



Calcium

Vital for bone health and muscle function



Iron

Necessary for oxygen transport and energy production



Iodine

Crucial for thyroid function and metabolism



Zinc

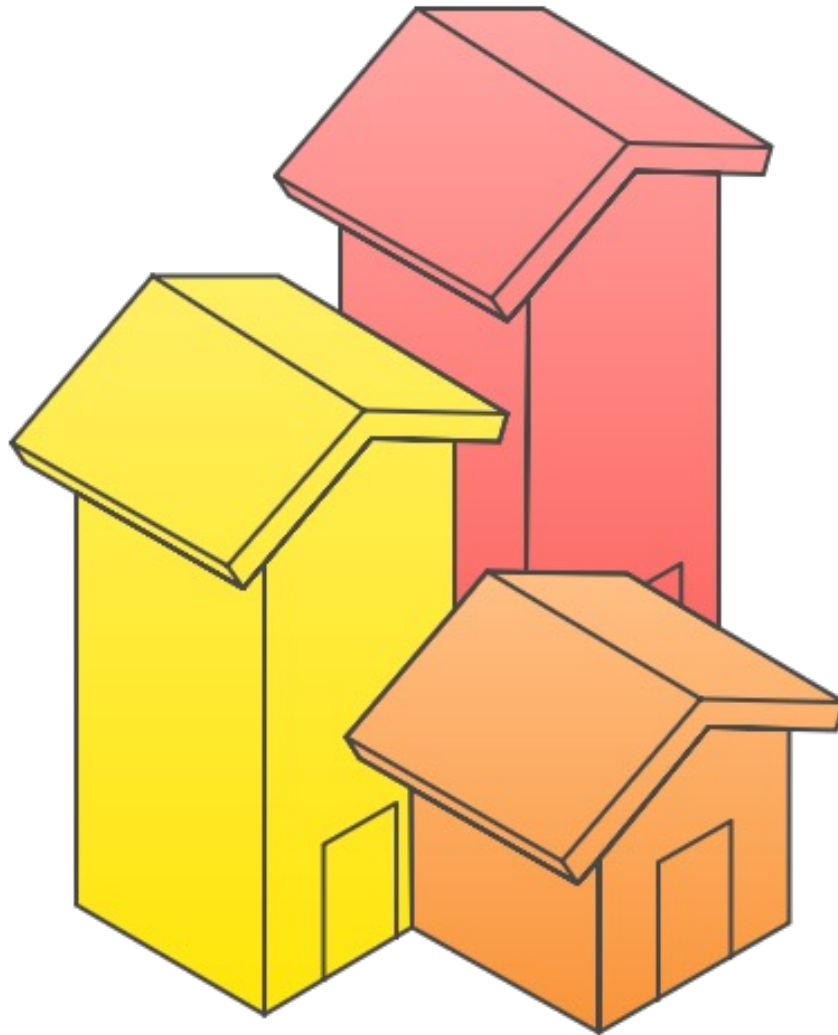
Supports immune function and wound healing



Potassium

Essential for nerve function and fluid balance

IMPORTANCE OF WATER



1

Digestion

Water is required for proper digestion of food. It helps break down food and absorb nutrients.

2

Temperature Regulation

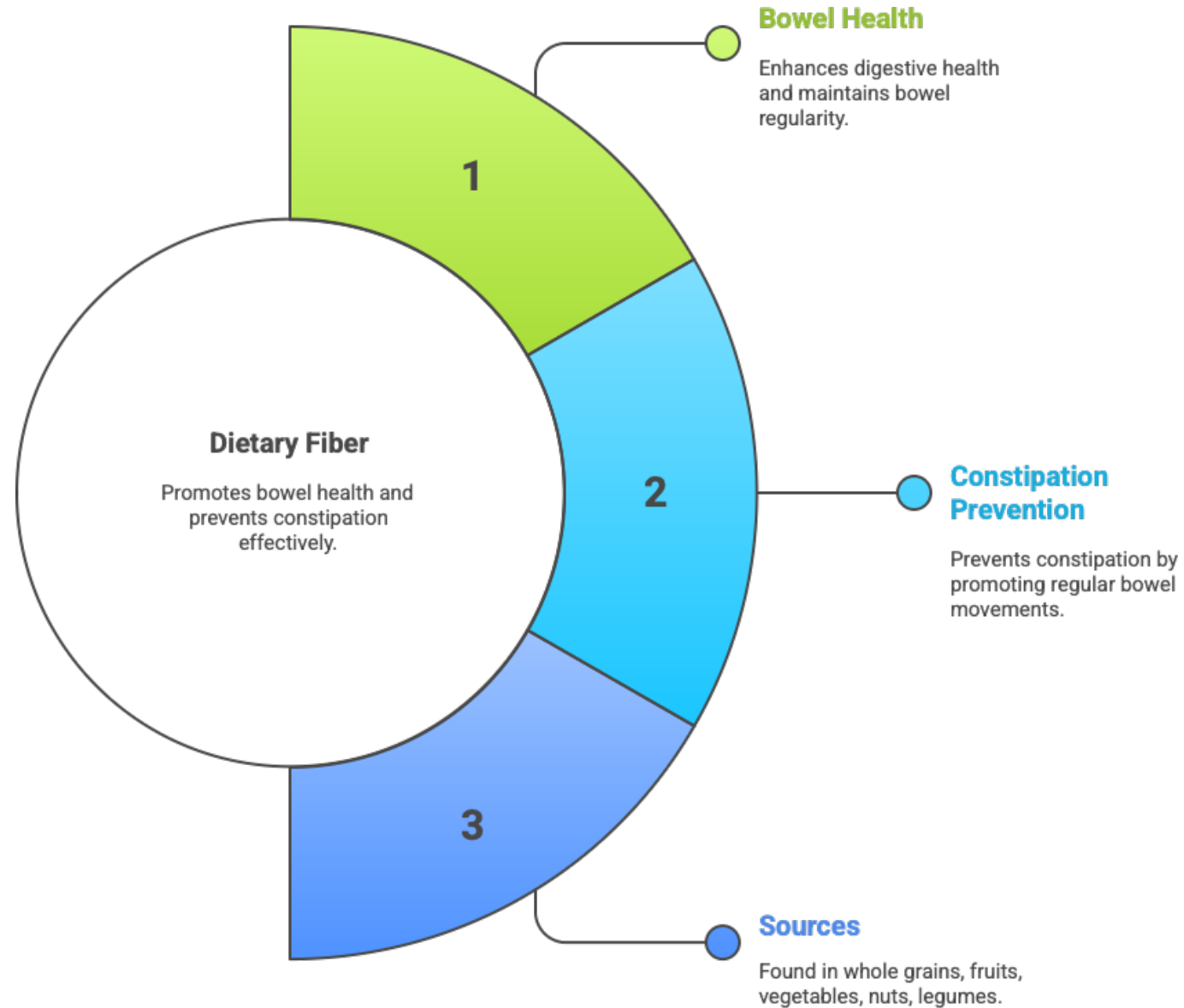
Water helps regulate body temperature through sweating. It keeps the body cool during hot weather or exercise.

3

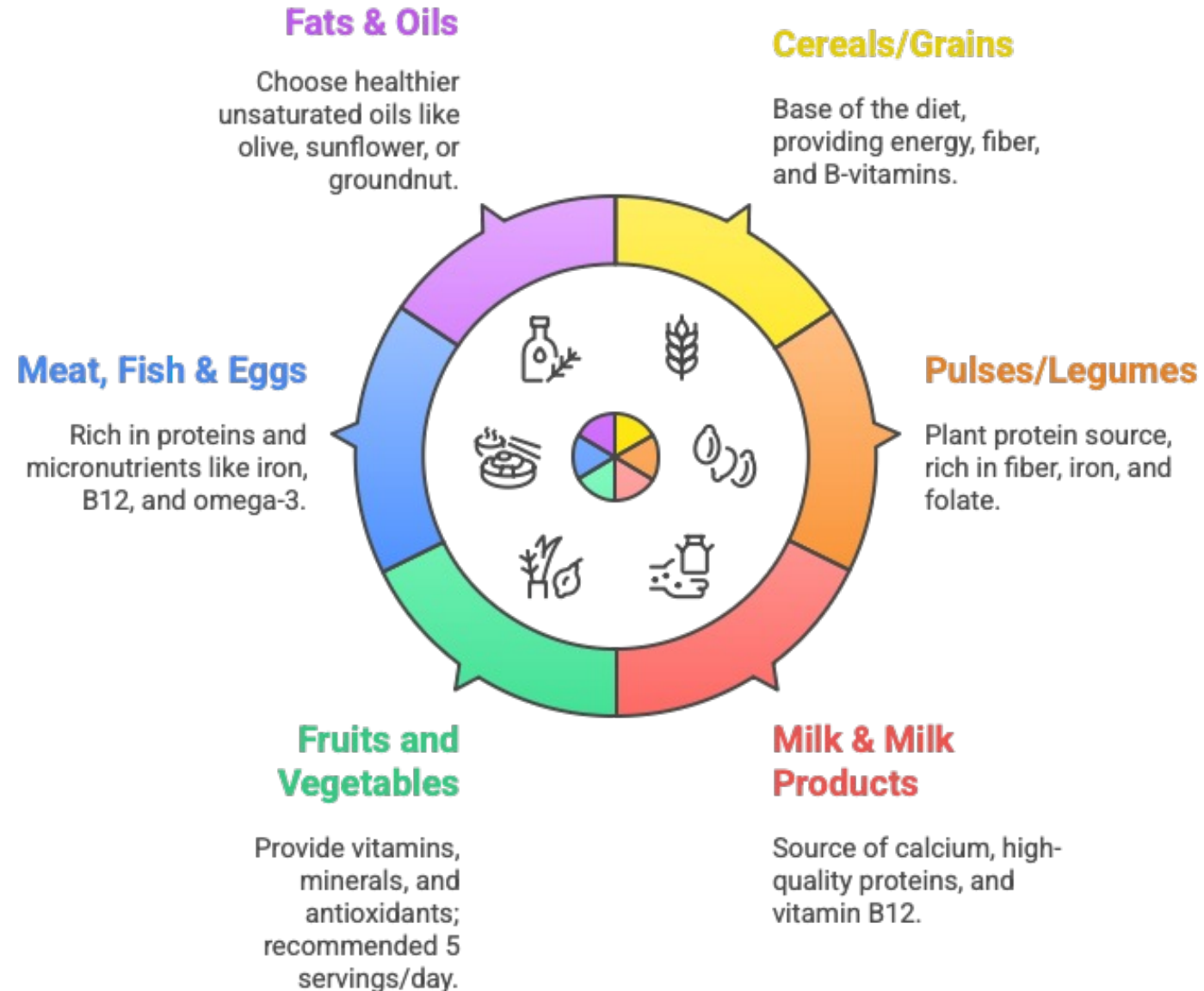
Metabolism

Water is essential for metabolic processes in the body. It helps transport nutrients and waste products.

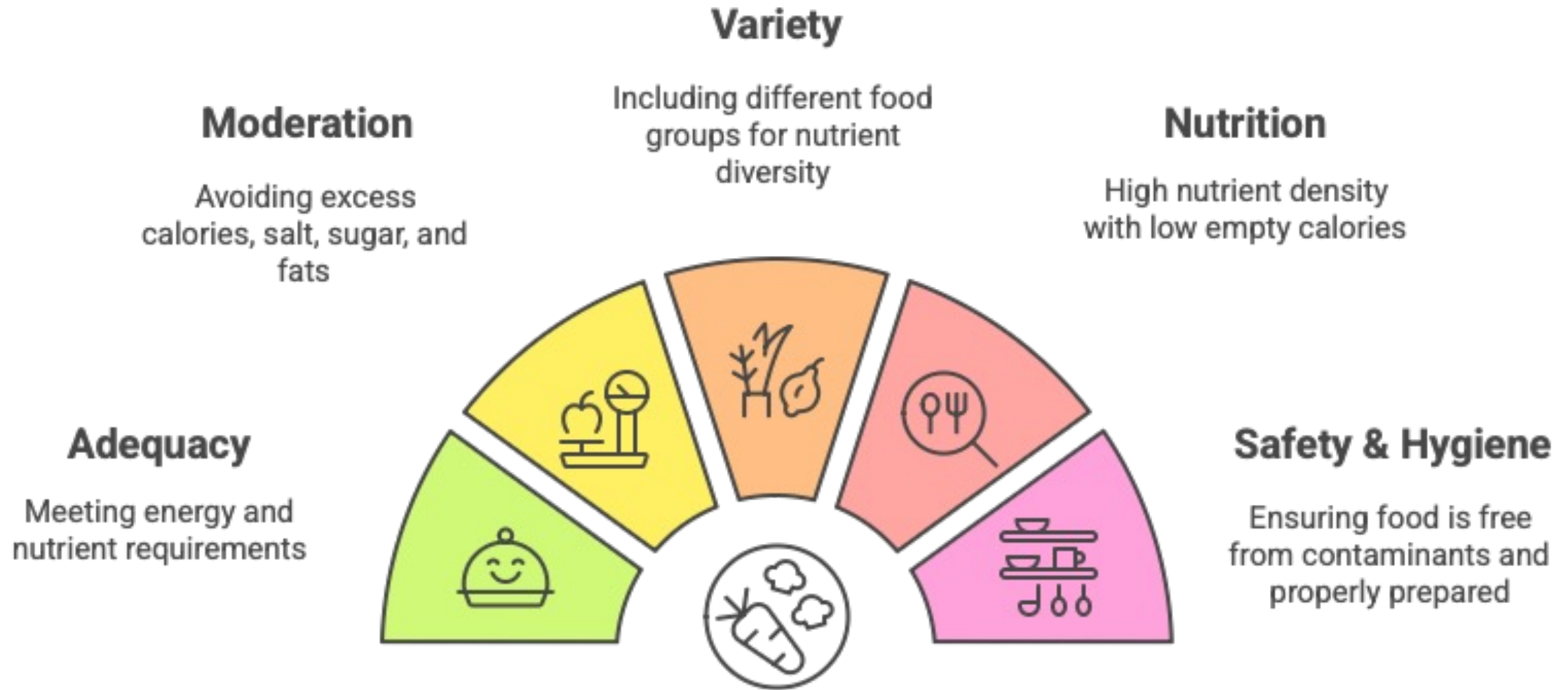
BENEFITS OF DIETARY FIBER



FOODS IN BALANCED DIET



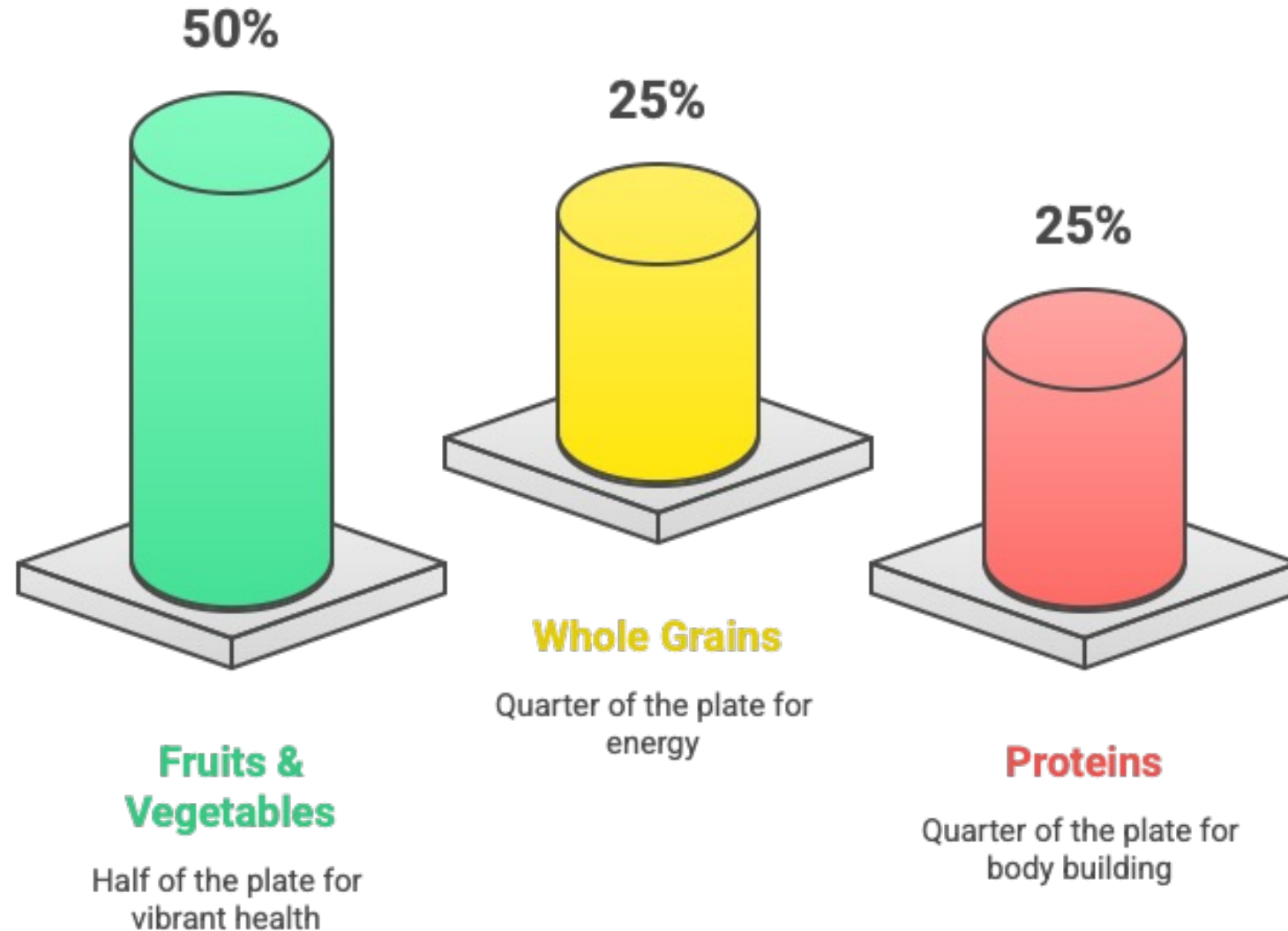
FUNDAMENTALS OF BALANCED DIET



FACTORS INFLUENCING DIET



PROPORTION OF FOOD GROUPS IN BALANCED DIET



BENEFITS OF BALANCED DIET

Growth & Development

Essential for children and adolescents

Immunity Enhancement

Micronutrients boost resistance to infections

Disease Prevention

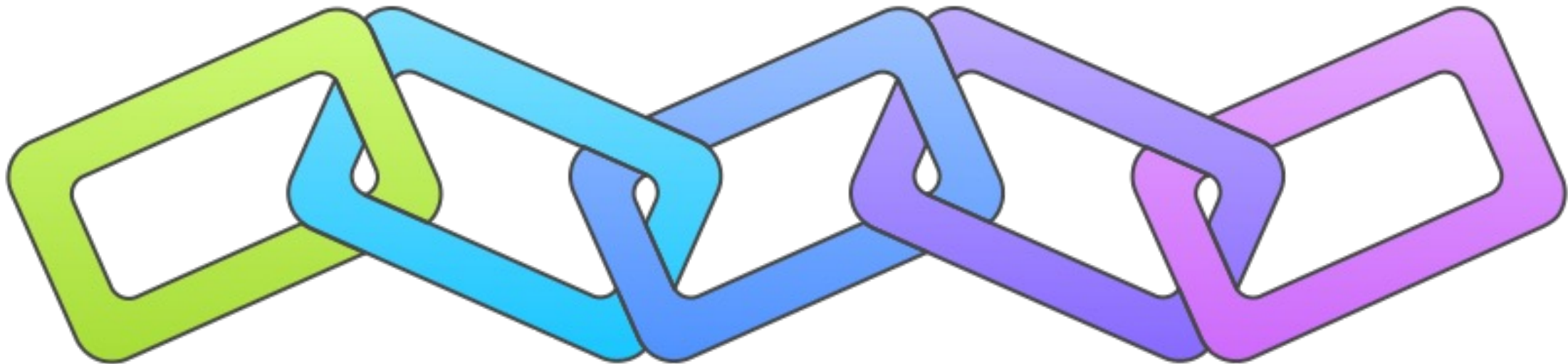
Reduces risk of chronic diseases

Mental Health

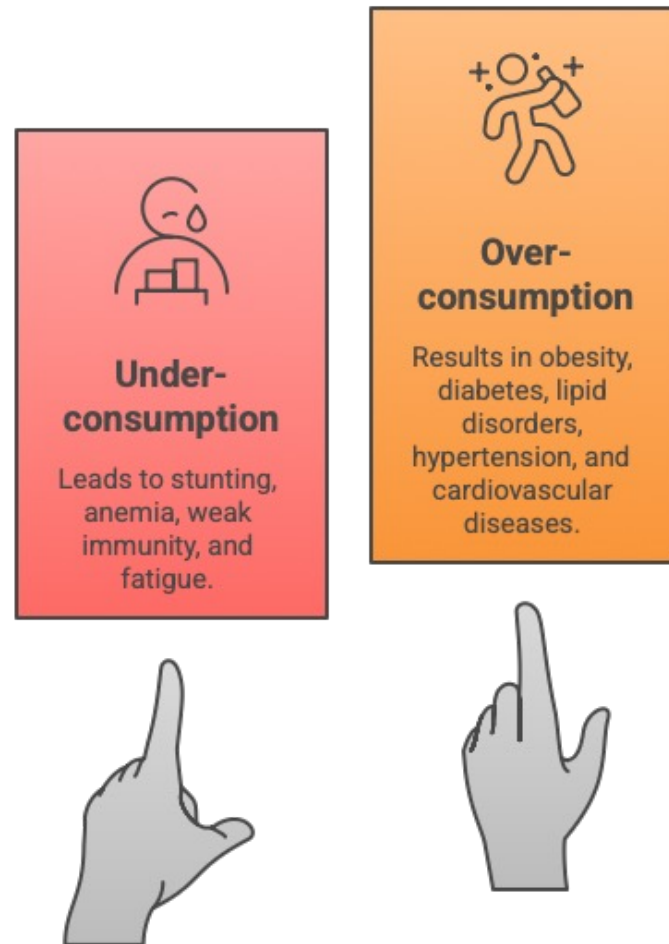
Supports cognitive functions with nutrients

Healthy Weight Maintenance

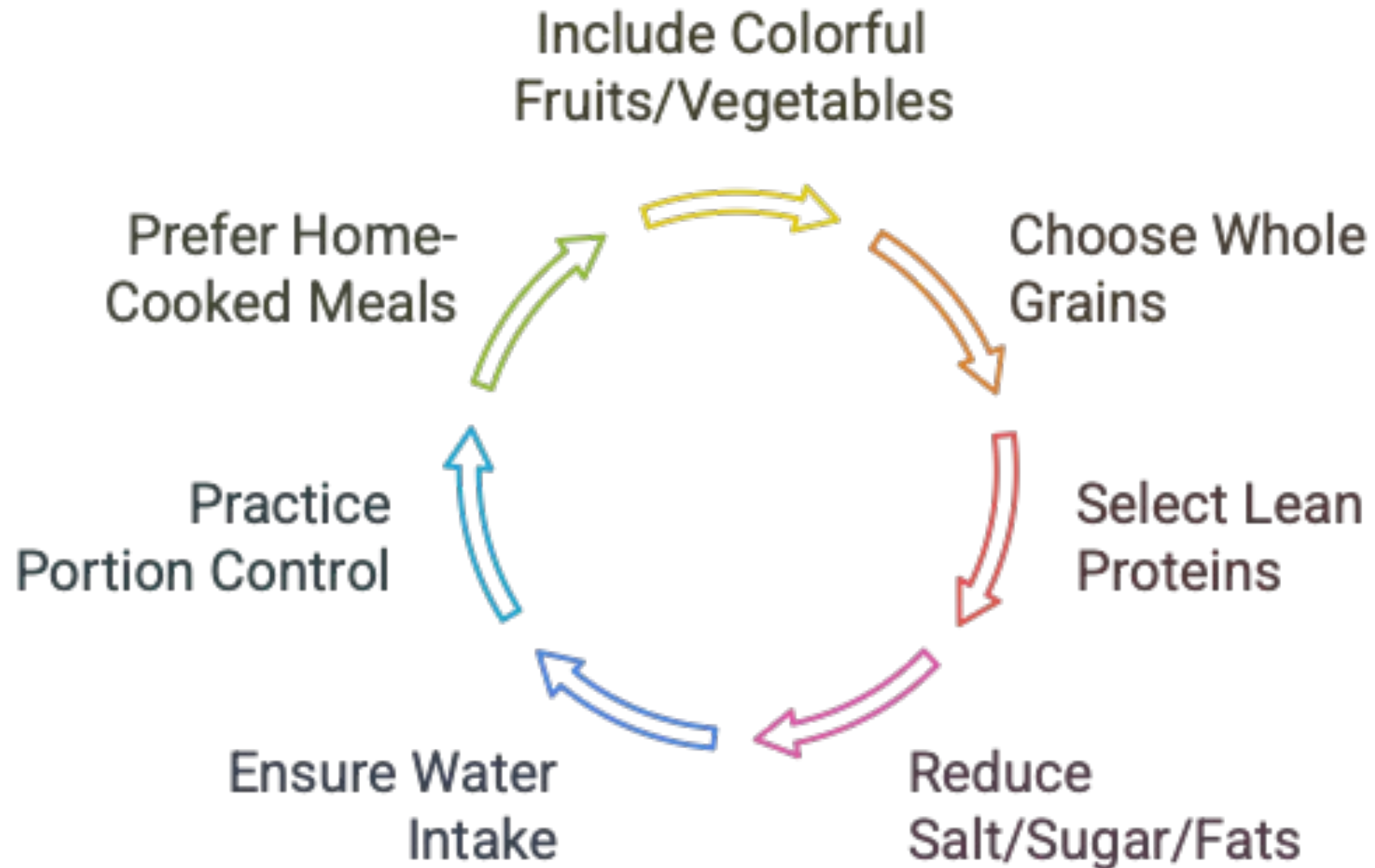
Prevents undernutrition and overnutrition



CONSEQUENCE OF UNBALANCED DIET



CYCLE OF BALANCED DIET



ASSESSMENT- 1

Case:

Rani, a 16-year-old girl, reports tiredness, frequent headaches, and difficulty concentrating in school. Her diet mainly includes white rice, tea, and occasional snacks. She rarely eats fruits, vegetables, or pulses.

Question:

Which **nutrient deficiency** is MOST likely contributing to her symptoms?

- A. Excess carbohydrates
- B. Lack of iron-rich foods
- C. High fat intake
- D. Low water intake



ASSESSMENT- 2

Case:

Mr. Joseph, a 55-year-old accountant with a sedentary lifestyle, consumes large portions of meat, fried foods, and sugary drinks. He eats vegetables only 1–2 times a week.

Question:

Match his **diet problems** (Column A) with their **health consequences** (Column B):

Column A (Diet Problem)

1. High saturated fat
2. Low fiber intake
3. Excess sugar

Column B (Health Consequence)

- A. Constipation
- B. Obesity / heart disease
- C. Diabetes risk



ASSESSMENT- 3

Case:

Meera is a pregnant woman in her 2nd trimester. She eats homemade meals but avoids milk and milk products due to dislike. She consumes enough cereals and vegetables but very little protein.

Question:

Which **two nutrients** are MOST likely insufficient for her condition?

Choose two:

- A. Calcium
- B. Protein
- C. Carbohydrates
- D. Vitamin C



ASSESSMENT- 4

Case:

A nutritionist is helping Raju, a 30-year-old gym trainer, plan a **balanced diet plate** for weight maintenance. Raju's goal is to have the correct proportion of food groups.

Question:

Arrange the following in the order of **largest to smallest portion** on his plate:

1. Whole grains
2. Fruits and vegetables
3. Protein foods



ASSESSMENT- 5

Case:

Latha, a busy IT professional, often skips breakfast and drinks 6–7 cups of coffee daily. She rarely drinks water and chooses packed foods due to lack of time.

Question:

Mark each statement as **True (T)** or **False (F)** based on Latha's situation:

- a. Her low water intake may negatively affect metabolism.
- b. Skipping meals contributes to an unbalanced diet.
- c. Consuming packed foods daily improves nutrient density.
- d. Coffee alone can replace the body's hydration needs.



REFERENCES

1. Short Textbook of Preventive and Social Medicine, Prabhakara GN, 2nd Edition, 2010, ISBN: 9789380704104, JAYPEE Publications
2. Textbook of Preventive and Social Medicine (Mahajan and Gupta), Edited by Roy Rabindra Nath, Saha Indranil, 4th Edition, 2013, ISBN: 9789350901878, JAYPEE Publications
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4. Essentials of Community Medicine—A Practical Approach, Hiremath Lalita D, Hiremath Dhananjaya A, 2nd Edition, 2012, ISBN: 9789350250440, JAYPEE Publications

Thank you