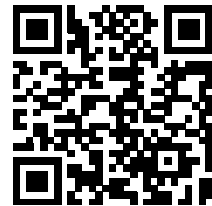


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# The Role of a Balanced Diet



A balanced diet plays a crucial role in maintaining overall \_\_\_\_\_. It involves consuming a variety of foods in the right \_\_\_\_\_ to ensure the body gets all the necessary nutrients. This includes a mix of \_\_\_\_\_, vegetables, grains, protein sources, and dairy. Consuming a wide range of \_\_\_\_\_ ensures intake of essential vitamins and minerals. \_\_\_\_\_, particularly whole grains, provide the body with energy and fiber. Proteins, found in meat, \_\_\_\_\_, eggs, and beans, are important for muscle repair and growth. Dairy products, like milk and \_\_\_\_\_, are key sources of calcium and vitamin D. Fats are also a necessary part of the \_\_\_\_\_, but should be consumed in moderation, focusing on healthy fats found in nuts, seeds, and \_\_\_\_\_. Drinking plenty of water is essential for \_\_\_\_\_ and supporting metabolic processes. Avoiding excessive amounts of \_\_\_\_\_ and salt is important for preventing health issues like obesity and high \_\_\_\_\_ pressure. Regular physical activity, combined with a balanced diet, promotes \_\_\_\_\_ and well-being. Making informed choices about food can prevent nutritional deficiencies and protect against chronic \_\_\_\_\_.

Grains proportions fish cheese fruits health vegetables fitness  
sugar diet fish diseases blood hydration