

Creating our own diet plan

When it comes to overall wellness, maintaining our digestive system is just as important as maintaining our heart, bones and the rest of our body. Taking control of our digestive system can help us improve our overall health, well-being and happiness. *How do we maintain a healthy digestive system?* This article is on knowing one's calories and planning a balanced diet accordingly.

What to eat to stay healthy?

Children at their growing and developing stage are always active. They are found to have lots of physical activity and thus to provide the body with the required amount of energy regular intake of nutrients is a must. Nutrients include carbohydrate, protein, fats, vitamin, minerals, and water. Children can be given simple experiments, to test for the presence of carbohydrates, proteins and fats. Also, have a discussion on the nutrient content available in each food item.

My Calorie- burning energy:

Our body requires energy to perform various metabolic activities, repair mechanisms, etc.

Calculate Basal Metabolic Rate (BMR) online (Harris Benedict Equation)

Your Basal Metabolic Rate (BMR) is the amount of calories you would burn if you were asleep all day. The Harris Benedict Equation determines your total daily energy expenditure (calories).

The BMR formula uses the variables of height, weight, age and gender to calculate the Basal Metabolic Rate (BMR). This tool then uses the Harris Benedict Equation to determine your total daily energy expenditure (calories). The Harris Benedict Equation is a formula that uses your BMR and then applies an activity factor.

Measuring system:	Metric (cm/Kg) ▾
Height (centimeters):	<input type="text"/>
Weight (Kg):	<input type="text"/>
Age:	<input type="text"/>
Gender:	Female ▾
Activity level:	Sitting/lying all day (1.2) ▾

This energy, which comes from the food we eat, is measured in calories. Calculate daily calorie needs based on height, weight, age, gender and physical activity. If children are made to calculate the calories of their friends, the activity might be more fun.

As per Dietary guidelines, 9 to 13-year-old girls require 1,400 to 2,200 calories per day, while boys within the same age range usually need 1,600 to 2,600 calories daily to maintain healthy body weights. Hence a minimum of 1200-1800 calorie is the basic requirement of the body and reducing calorie intake below that will signal the brain to slow down the metabolism and the body will start conserving fat and extract energy from muscles instead.

<https://manytools.org/handy/bmr-calculator/>

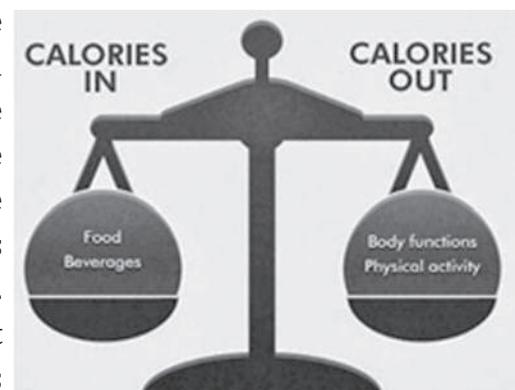
Refer to this site to calculate required calorie.

What is the need of a Balanced Diet?

Balanced diet provides the body with optimum nutrition to stay healthy, where there is a right balance between the calorie intake and the calories utilized.

What happens if there is

an of excess calories? Is that amount of calories good or bad? If there is any excess of calories in



the body they are stored. These stored calories should be burnt by physical activities or it will lead to obesity.

Creating my own diet plan:

When we know our calorie requirement, we can create our own diet plan. Remember that all the nutrients put together create a well-balanced diet so it is important to take all of them in required amount. Our diet plan will vary based on our nutritional needs and day-to-day activities.

Children should have a try at creating a diet plan for themselves with the help of teacher guidance.

Therefore, when the food intake is healthy and balanced the digestive system will function properly thereby providing the body with plenty of nutrients further helping in the better functioning of all other systems and thus gaining healthy living. Given below are a few tips for a better digestive system and thereby a better body.

How to Create a Personalized Diet Plan

Posted by Susan Bowerman, M.S., RD, CSSD, CSOWM, FAND – Director, Worldwide Nutrition Education and Training



Combine the right foods in the right portions.

When you have a personalized diet plan laid out for you, it can help you learn proper portion sizes and keep your calorie intake in check.

Eat more fruits and vegetables	These are full of vitamins, minerals and rich in fibre thus maintain the digestive health
Consume adequate protein	Proteins are used to develop digestive enzymes, maintain blood sugar level, protect heart health, etc.
Limit fats and concentrated sweets	Low fibre, high fat diet can increase the risk of diabetes, obesity, heart disease, difficulties in digestion.
Stay hydrated	Healthy digestion requires adequate fluid intake. It is recommended to consume an equivalent of 8 glasses of water a day.
Adequate physical activity	A minimum amount of physical activity is a must as it helps in burning unwanted excess calorie, thereby remaining healthy.

Refer <http://www.azimpremjifoundationpuducherry.org/> website for more details on testing of presence of essential nutrients, calculation of calorie, and creating balanced diet.