

Evidence Sheet for Simple Balanced Diet

Macronutrients

An [ideal diet](#) meets [food group](#) needs with nutrient-dense options and comprises over 40% carbohydrates, 10% to 30% protein, and under 40% fat. This plan contains a variety of fresh fruits and vegetables, high-fiber whole grains and legumes, low-fat dairy, healthy fats, and lean proteins to provide adequate nutrition and fuel throughout the day.

Bone Building Nutrients

[Calcium](#) is a mineral that is essential for building healthy bones. [Magnesium](#) has a structural role in [bone maintenance](#), influences bone-building cells, and modulates potential bone-damaging inflammation. This meal plan uses calcium-rich ingredients like fortified milk beverages, Greek yogurt, and chia seeds. Magnesium is incorporated from food sources like chickpeas and leafy greens.

Iron

Iron is an important mineral that helps produce red blood cells and transport oxygen throughout the body. [Nutritional iron deficiency](#) is common worldwide and can be prevented by including daily iron-rich foods. This meal plan provides iron sources like poultry, ground beef, and spinach.

Immune Support

[Zinc](#) and [selenium](#) are essential minerals critical for immune function. Zinc can be found in this plan from whole grains, legumes, nut butter, seeds, and meat. The plan provides over 80 mcg of [selenium](#) daily by incorporating eggs, beef, oats, and bananas. [Vitamin C](#) is an antioxidant that can help your body absorb more iron from iron-rich foods and prevent you from [getting sick](#). This plan provides [vitamin C](#) from whole food sources like strawberries, broccoli, and bell pepper.