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[10 rules for a healthy balanced diet](#)

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[U201c10 rules for a healthy balanced dietu201d](#)

[Actually everyone should be aware that a balanced diet is the corner stone of a healthy life only those who follow a balanced diet remain healthy active and mentally alert in the long term](#)

[Moreover the consumers too are very different children would like different foods compared to adults older people have different energy requirements compared to young people who perform manual labour or are actively engaged in sports diabetics or those who would like to lose weight must observe different prescriptions compared to a person who is underweight and not everyone would like to live as a vegetarian or shop only in the health food stores in the future](#)

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