



For an adult, each meal should provide the following 4 types of food to ensure health: Sugar powder, protein, fat, vitamin and mineral group.

## The role of nutrient groups

### 1. Sugar powder (glucose / carbohydrate)



These substances can easily be found in cereals, potatoes, rice, bread, vermicelli . This is a food that provides energy for most important activities and functions in the muscle. can support brain and nervous system development. This group of substances accounts for 60-65% of total dietary energy. A g of carbohydrate provides 4 kcal of energy.

### 2. Fat group (lipid)



Fat plays a participating role in each person's body structure. In adults, fat accounts for 20-25% of the total energy intake, and is rich in oil, fat, butter . with the role of providing, storing energy in fat tissue, helping to absorb vitamins soluble in oils such as vitamins A, D, E, K.

### **3. Protein (protein)**



As with the two groups, the protein (protein) is also the basic substance of life in every cell, the component of the tissues that make up and protect the body and soft cells in organs. Without protein absorbed from food, the human body cannot grow and all internal organs cannot function. Proteins also circulate in the blood in the form of antibodies, hormones, red blood cells and hormones. And protein is also the only source of nitrogen, an essential ingredient for all living things on earth. On average, the ratio of protein in the human body is from 10% - 20% by weight, depending on the body fat, young, male or female.

So you can find protein where they are in meat, fish, eggs, milk, shrimp, crab, green beans, soybeans . that you eat every day. Protein accounts for 14-16% of the total energy intake.

### **4. Vitamins and minerals**



These substances will be present in fruits and vegetables and some other foods . they play an important role in providing essential vitamins and fiber to the body, helping the body to absorb them. The most optimal nutrients.

In the above four food groups, there are 3 essential food groups providing energy for all human life activities including sugar, protein, and fat (in kilocalories, abbreviated as kcal). If you look at the human body as a car, you need to have gasoline to run, which is the first three food groups. The fourth group does not provide energy but is extremely important. When lacking, it will cause bad health consequences of vitamins and minerals, doctors like 'cars want to run well and smoothly need lubricants'.

## **How to use according to expert advice**

# THÁP DINH DƯỠNG HỢP LÝ

Cho người trưởng thành (giai đoạn 2016 - 2020)  
- mức tiêu thụ trung bình cho 1 người 1 ngày



Nguồn: Viện Dinh Dưỡng Quốc Gia

At each stage of adulthood, to balance nutrients, experts have shaped the foods into nutritional towers so you can easily follow them.

## 1. Salt (



Salt is an essential food for every person. However, eating too much salt is also harmful to health, such as causing high blood pressure, leading to heart disease, heart failure, kidney failure, osteoporosis. So experts recommend, each person should eat less than 5gr / day.

Like salt, sugar we should not eat too much, only eat about 25gr daily, equivalent to 5 teaspoons of sugar. If you consume too many of these foods, your body will suffer severe consequences like obesity, aging body, stress.

### 1. Oil and fat group



As mentioned above, fatty foods help to absorb fat-soluble vitamins like vitamins A, D, E and K.

According to experts, instead of using animal fat, you should use vegetable-based cooking oil or you can get fat directly from some foods in sesame, peanuts . and every day only should consume about 30 grams equivalent to 5 teaspoons of oil and fat.

### 1. Meat, milk, eggs, fish, seafood, beans - 150gr / day

These foods are the main source of protein for the body, helping cells, tissues, and muscles be developed.

Just like the food groups mentioned above, not eating lots of protein is good for the body. So, experts recommend that each of us should only absorb 200gr / day for meat in general.

At the same time, you should eat all kinds of meat at each meal, every day (eat about 3 times / week for each type of meat, fish), avoid eating one type of meat for a few consecutive days, especially beef and pork.

These two types of meat contain good vitamins, minerals . strengthen the muscles, but also have high levels of animal protein, easy to cause kidney disease, blood fat, blood pressure.

### 1. Green vegetables, fruits - 400 - 600gr / day / person



Green vegetables are the main source of vitamins, fiber and minerals that are essential for the body to help the body stay healthy and function well.

Some dark green vegetables such as vegetables, chayote, kohlrabi . also work to prevent some cancers, reduce blood cholesterol, avoid overweight and obesity.

Vegetables are very good but we also need a reasonable diet. For normal healthy people, each month need to consume 10kg of green vegetables, equivalent to 400-600gr / day. Fruit is only 200-300gr / day is enough for the body to grow.

### 1. Food - 300gr / day



Rice, bread, vermicelli, vermicelli . food is a source of starch for the body's activities during the day, and it is really a mistake if not mentioned.

However, you shouldn't abuse too much every day. The standard consumption for this food is 12kg / month which is enough "standard" nutrition, equivalent to 300-400gr / day.

In addition to a reasonable diet with the amount of food above, you need to pay attention to exercise as well as providing enough water for the body to help your body stay healthy.

You finished reading the article "**Experts point out the exact number of meat, fish, vegetables ... need to eat every day to keep the body healthy**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.