

## Editorial Note Unbalanced Diet

### Abstract

An imbalanced or unbalanced diet is defined as the one that consists of too more or too fewer vitamins, minerals, fats, proteins, carbohydrates and fiber are the essential components of a healthy diet.

**Keywords:** Unbalanced diet, dizziness, health

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### Editorial note

It might bring about mental, psychosocial and Examples of unbalanced diet: By Taking alcoholic drinks leads to electrolyte imbalance, dry mouth, dizziness. By taking pastries, sweets, chocolates, cakes etc. may leads to imbalance diet. Lack of fruits and vegetables or high intake of pastas, breads and carbohydrates

and total absence of proteins and vitamins may leads to unbalanced diet. Effects of unbalanced diet: like skin problems, difficulty in physical activity, type 2 diabetes, cardiovascular diseases etc. Foods included in our daily life for a balanced diet: Include proteins (meat, eggs, nuts, dairy and even pulses like peas, beans. High intake of fruits and vegetables. Fats and sugars are taken in moderate. Mostly, try to eat homely food. Avoid processed foods, stay away from trans-fat.