



A balancing act

Background knowledge

A healthy diet is a balanced combination of food for growth and repair, energy-giving food, and vitamins and minerals. You also need food that contains fiber. You cannot digest fiber, but it helps move food through your digestive tract. The amount of food you need depends on how active you are and how much you are growing. If you eat too little, you can suffer from malnutrition because your body is not getting the nutrients it needs. If you eat too much, you can become overweight.

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