



What is a balanced diet?



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This is not about a diet to lose weight, but "diet" means the diet and lifestyle.

A complete balanced diet is only required by certain, mostly seriously ill groups of people. For example, in patients with metabolic disorders or disorders in organ function. Such a diet usually consists of ready-to-drink food, the composition of which is tailored to meet the daily requirement of nutrients.

But people who have only certain deficits due to their lifestyle or diet can also benefit from a balanced diet, namely:

Prevention and reduction of health risks.

You can also find comprehensive information at the Society for Nutritional Therapy and Prevention: www.fet-ev.eu

Since in most cases a complete change in diet is very difficult and usually not necessary, we do not have to be so strict!

But it is always necessary: A possibly recommended diet and / or nutritional supplement must be maintained until a check-up. Under no circumstances may the intake schedule be changed without the knowledge of your nutritionist or supplemented with preparations of unknown content, otherwise balancing is not possible and the success of the treatment is at risk.



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