

Importance of Balance Diet

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Abstract: *In order to achieve the status of a developed nation, a first class mind of human capital is an important asset to the country. In moving towards an era of globalization and modernization, human capital should be knowledgeable, confident, dynamic, innovative, creative, as well as physically fit and active. Balanced diet can have a positive impact on a productive workforce and helps them meet the criteria of the first-class minds which are working towards agility, accuracy of work and employment success. Such minds lead to the achievement of high income, good health and the formation of values and good habits that give prosperity to one's life. Thus, a lifestyle with a balanced diet is one important element in maintaining the health and vitality of human capital.*

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