



Ms Naaznin Husein, Founder Director Freedom Wellness Management.

Ms Naaznin gave a talk on “**Complete Food a Myth, Balanced Diet a Sanity**”. She discussed the idea that a “complete food” is a myth and emphasized the importance of a balanced diet for overall well-being. She explained that a balanced diet consists of incorporating foods from five major food groups in optimal proportions, tailored to individual needs based on age, activity level, and health conditions. She outlined the core components of a balanced diet and the benefits it provides, including improved physical and mental health, immune support, and weight management. Ms. Naaznin also explored how dietary needs vary across different life stages and the significance of dietary diversity to ensure comprehensive nutrient intake. The discussion extends to the practical challenges of maintaining a diverse diet, such as meal preparation, eating alone, and the impact of circadian rhythms. Various dietary patterns, like the Mediterranean and Japanese diets, are cited as real-world examples of healthy eating habits. The presentation also covered how to meet specific nutritional needs, the scientific flaws of the “complete food” concept, and how to select healthy snacks. Lastly, Ms. Naaznin touched upon innovations in food and nutrition, personalized meal planning, and disease management through food swaps.