**Behind the benefits of a diet**

Hearing the word diet, often thought brought on a diet which aims to achieve a slim body. Though this is not entirely true, as this can be useful to achieve other health goals.  
Diet is the arrangement ola and consumption of food and beverages are prohibited, limited in number, modified or allowed to a certain amount for the purpose of illness treatment, health, or weight loss.

It is therefore not surprising, if any heart diet, low-salt diet for people with hypertension, and low-calorie diet for obese patients. Besides, there is also a low-protein diet required by patients with chronic kidney disease, and low-purine diet for gout patients and / or uric acid.  
If we want to understand the working principles of our body, we can suppose that as a machine that never stops working. Synergy means working patterns of the various organs and body are interlinked with one another will support every step of our productivity. Therefore we need the fuel for our bodies, in the form of food according to the number of our activities. We also can not be carelessly put food into the body, can inhibit automatic and metabolism, and weakens the immune system. For example, a bad lot from animal foods laden unsaturated fats and high cholesterol.  
In the right amount, fat is actually needed by the body as energy or calories, just as important as other nutrients, such as proteins, carbohydrates and minerals. Ideally, work in synergy of these nutrient elements will support optimal health, and increase one's productivity.  
As expressed by many health and nutrition experts, it is best to eat a variety of foods to get all the complete and balanced nutrition. But that happens, people will view this concept is often misguided.

Instead of going to consume a varied diet, which is even indiscriminate eating food without nutritional value yangn view in accordance with the needs of the body. This will lead to many health problems and diseases. Like diabetes, obesity, hypertension, hypercolesterolemia, and coronary heart disease.  
From this case we are made ​​aware again that setting the proper diet and balanced body was necessary for optimally efficient. Therefore, then, was born the idea that a diet tailored to the needs of everyone. Even dietpun been developed from the tradition of eating or state sector in areas such as the Mediterranean Diet and Diet Okinawa.