

Healthier Traditional Food  
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### Introduction

The study of traditional food and healthy eating habits has been one of the fast growing areas. All humans, both men and women, require food for their survival. However, both men and women indulge in food as if it were their sole purpose of existence. Hence, eating disorders are common among men and women. Then media has played an effective role not only in establishing faulty standards for traditional healthy food but also it has highlighted the importance of healthy eating. It has brought to light important issues concerning food and health such as the use of pesticides and preservatives in our daily food.

Eating disorders such as Anorexia and Bulimia are common and are more prevalent in developed countries than developing countries. The traditional food and eating habits also differ with local, regional and national trends other than change over the course of their lives. In youth, people are less careful about their eating habits, most adults are obsessed with lean bodies and elderly are more careful about their eating habits forced by the illnesses they suffer from in the old age.

The consumption patterns differ with class, gender, age, nation and occupation. On a very broad level, the upper class or SEC A is more health conscious than SEC B or SEC C. This is because of a difference in the education level and the availability of healthy food and better healthcare services. Women are more concerned with their bodies than men, who do not care as much. However, there are many exceptions to the rule. Developing nations are deprived of food whereas many developed country nations suffer from obesity. People associated with media and other occupations such as dancing are more concerned about their eating habits and maintaining a fit body.

### Discussion

#### Traditional Healthy Food

Having a traditional healthy diet is essential to achieve a higher quality of life. The abuse of traditional foods high in saturated fats, sodium and sugars is a trigger for diseases like heart attack, stroke, hypertension, obesity, diabetes and even cancer. However, it is easy to include on the menu food heroes of resistance and longevity (Leroy, 2014). For these reasons, having a healthy diet is so important, it's no wonder that March 31 is celebrated the World Health Day and Nutrition. The term diet is popularly used only to define a way to control weight. But actually, the word refers to the individual eating habits (Leroy, 2014).

Each person may have a specific traditional diet is to lose weight, maintain, fat (healthy or not). What can really be characterized as diet for weight loss is the restricted calorie diet and not simply the term diet. Not always a person dieting for weight loss, is having a healthy diet. This goes far beyond the calories; the importance is in the quantity and variety of the traditional food it consumes (Leroy, 2014). A restrictive diet that does not take into account the needs of the organism can have disastrous effects on health.

To really have a healthy traditional diet we will list a few points:

- Consume daily foods from all food groups (grains, vegetables, legumes, meat, dairy products, fruits);

- Sweet and fats should be consumed sporadically and always in moderation;
- Consume every day at least 2 servings of fruit;
- Avoid the consumption of soft drinks, even diet and light, and alcoholic beverages;
- Remove visible fat from meat and skin from chicken;
- Always give preference to cooked food, grilled or baked;
- Make at least 5 meals a day, and have a better absorption of nutrients;
- Whenever possible, choose whole grains such as rice, bread;
- Moderate the amount of salt added in food;
- Avoid the consumption of processed foods, and canned foods because they contain too much sodium
- Drink on average 1.5 liters of water a day;
- Practice physical activity, even if for only 30 minutes every day

It is important that you do not stay too long fasting. Very long periods of fasting can lead you to be very hungry then at mealtimes; we may not be able to control and then overeat. Pass hungry may also favor a great reduction of the amount of glucose in the blood. This reduction (hypoglycemia) makes you feel a great desire to eat sweets because high sugar foods are very good for increasing blood glucose (Sturm, 2013). Furthermore, hypoglycemia causes very unpleasant sensations such as dizziness, double vision, headache, tremors ends, cold sweat, nausea, among other symptoms.

Go hungry can also take your body to increase the capacity to store what you eat at meals. Your body is smart, so if you go too long without eating, he will understand that something is very wrong, then it tries to adapt to the situation, then you'll be more efficient to store what we take in meals. The tip here is: eat fractional way, that is, every 03 or 04 hours, so you avoid temptations, earn more dispositions to do your daily tasks and thin with health. Whole foods are rich in fiber, vitamins and minerals. When shopping for food, give preference to whole grain bread instead of that French roll; instead of white rice, buy brown rice. Processed foods are high in sodium, fats; preservatives and dyes, so always prefer fresh food, so you avoid fluid retention and not dirty your body with harmful elements. In addition to high-fat and sugary, soft drinks can harm even to his bones (Sturm, 2013). These industrialized beverages have lots of phosphates, which in excess promote the release of calcium, weakening the bones - weak bones can result in osteoporosis. Instead of drinking soda, drink water. But if from time to time give that urge to drink a very cold soda, make a simple recipe

Food is also a source of pleasure. Do not become a slave to diets and calories, as there are more and more studies show that people who care about other fitness tend to suffer greater weight fluctuations, and are dissatisfied with the body. Being good about yourself and take care of the body with physical activity and healthy eating are the best ways to get a good quality of life. Do one the most natural diet possible and try to escape meals with many industrial products. If you eat industrialized noodles, do yourself a homemade sauce (Sturm, 2013). If you want to take a fruit juice, try taking the natural, because processed foods contain many substances such as dyes and preservatives, which have high amounts of sodium and may in the long run, cause hypertension and overwhelm the kidneys.

### **Conclusion**

The most important is to realize that no food is forbidden, unless the person needs to make a restrictive diet, if patient of diabetes or celiac disease, for example. It is very common that people think that eating only traditional salad is a good way to maintain a healthy diet, but this is not true. The famous "colorful plate", that is, one that has a source of fiber, minerals, vitamins and protein is arguably the healthiest dish.

### References

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