

Health & Nutrition

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Introduction

Nutrition is considered the process regarding consuming, using and absorbing the nutrients required for the body growth development and maintenance. Nutrients are known as the chemical substances present in foods, which play a vital part in nourishing the body. Numerous nutrients in the body can be synthesized. The nutrients, which are not synthesized by the body, are considered the essential nutrients that are required by the body to be consumed. Such nutrients include the amino acids that are found in the proteins, minerals and fatty acids (MOH, 2003). Out of twenty amino acids, there are nine acids, which are known to be the essential nutrients. If the essential nutrients are not supplied to the body in appropriate manner, disorder regarding the deficiencies disorder will be the outcomes. In order to find out that whether person having an adequate amount of nutrients, a doctor ask about the eating habits and diet. Doctor also examines the person physically to know its composition and body functions.

The formation of good eating habits is an excellent tool for preventing disease and promoting health in the population. The best way to achieve an adequate nutritional status is to incorporate a wide variety of foods to your diet daily and weekly. Improving the nutritional status of a population is possible through planning food and nutrition policy in line with the reality of each country to strengthen its action through educational strategies aimed at promoting good health and nutrition. This is in fundamental actions to ensure food security (WHO, 2003). The role of eating is to replenish energy and tissue elements necessary for growth, development and functioning of the body to provide metabolic processes for the normal state of health and work.

Diet is known to be the essential component that plays a key role regarding the risk factor of chronic disease. It is believed that healthy eating helps in contributing the healthy development and growth. This includes the energy level, healthy skin and bones. It also lowered the risk of eating disorders, iron deficiency, dental caries, malnutrition and constipation. Today, the consumption of food in United States is one of the most imperative concerns (MOH, 2003). The ten top leading causes of death and illness in United States is diabetes, cancer and heart stroke. The chronic diseases are influenced by the healthy food.

Nutrition is very essential part of the growth. Most of the new parents find it difficult to properly feed their children. Usually the parents get a lot of advice from the relatives, friends and the neighbors. Most of the nutrition research shows that most of the parents are not aware of the proper nutrition plan (WHO, 2003). For living a healthy lifestyle, an accurate understanding of nutrition is important. The individuals consume food and it causes harm to body, but they assume that they are consuming good nutrition. Food and nutrition is essentially required by the human body in order to carry out the various functions of life. Even a slight decrease of any of the nutrient can lead to severe health related problems; including both physiological and mental health problems. There is a significant relation in the type of food, which a person consumes, and the mental health and behavior. Nutrients play an important role in the general well-being and mental health of an individual. There are many factors that play a major role in maintaining the body and mind equilibrium (AICR, 2007). This type of balance is important for having excellent health. Such factors include the intake of food, food supplements in the form of enzymes, minerals and vitamins; rejuvenate herbs, overall lifestyle and exercise. There are two kinds of nutrients, micronutrients (minerals, vitamins) and macronutrients (water, carbohydrates, fat, and proteins). Than micronutrients individuals needs many grams of proteins a day.

When it thought about the nutrition as a part of preventive and healthy lifestyle anti nutrients and synergy are two terms a person assumes. Synergy is very important in nutrition, as the nutrients need other nutrients to benefit the human being. Nutrients are known to be the significant part of the life of an individual, which are required at every stage of life. It is required to have nutrition in essential quantity that will help in developing the body of human (WHO, 2003). Both kinds of the nutrients are imperative components for the process. However, there are various food pyramids for an individual to choose, this is one of the most difficult challenge to pick the healthy one. The one, which creates the eating plan that, is completely a healthy food. It is difficult to have healthy diet easily available these days. This is due to environmental pollution, lack of natural, organic products and an abundance of food substitutes are saturated with harmful substances that make a balanced diet difficult in the present scenario.

References

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