

Nutrition and Health

Nutrition is the study of nutrients in food, how the body uses them, and the relationship between diet, health, and disease.

Nutritionists use ideas from molecular biology, biochemistry, and genetics to understand how nutrients affect the human body. Nutrition also focuses on how people can use dietary choices to reduce the risk of disease, what happens if a person has too much or too little of a nutrient, and how allergies work. Nutrients provide nourishment. Proteins, carbohydrates, fat, vitamins, minerals, fiber, and water are all nutrients.

If people do not have the right balance of nutrients in their diet, their risk of developing certain health conditions increases. This article will explain the different nutrients a person needs and why. It will also look at the role of the dietitian and the nutritionist. Food and nutrition are the way that we get fuel, providing energy for our bodies. We need to replace nutrients in our bodies with a new supply every day.

Water is an important component of nutrition. Fats, proteins, and carbohydrates are all required. Maintaining key vitamins and minerals are also important to maintaining good health. For pregnant women and adults over 50, vitamins such as vitamin D and minerals such as calcium and iron are important to consider when choosing foods to eat, as well as possible dietary supplements.

A healthy diet includes a lot of natural foods. A sizeable portion of a healthy diet should consist of fruits and vegetables, especially ones that are red, orange, or dark green. Whole grains, such as whole wheat and brown rice, should also play a part in your diet. For adults, dairy products should be non-fat or low-fat. Protein can consist of lean meat and poultry, seafood, eggs, beans, legumes, and soy products such as tofu, as well as unsalted seeds and nuts. Good nutrition also involves avoiding certain kinds of foods. Sodium is used heavily in processed foods and is dangerous for people with high blood pressure.

The USDA advises adults to consume less than 300 milligrams (mg) per day of cholesterol (found in meat and full-fat dairy products among others). Fried food, solid fats, and trans fats found in margarine and processed foods can be harmful to heart health. Refined grains (white flour, white rice) and refined sugar (table sugar, high fructose corn syrup) are also bad for long-term health, especially in people with diabetes. Alcohol can be dangerous to health in amounts more than one serving per day for a woman and two per day for a man.

.There are many high-quality, free guidelines available for healthy eating plans that give more details on portion size, total calorie consumption, what to eat more of, and what to eat less of to get healthy and stay that wayThe Impact of Nutrition on Your HealthUnhealthy eating habits have contributed to the obesity epidemic in the United States: about one-third of U.S. adults (33.8%) are obese and approximately 17% (or 12.5 million) of children and adolescents aged 2—19 years are obese.¹ Even for people at a healthy weight, a poor diet is associated with major health risks that can cause illness and even death. These include heart disease, hypertension (high blood pressure), type 2 diabetes, osteoporosis, and certain types of cancer. By making smart food choices, you can help protect yourself from these health problems.

The risk factors for adult chronic diseases, like hypertension and type 2 diabetes, are increasingly seen in younger ages, often a result of unhealthy eating habits and increased weight gain. Dietary habits established in childhood often carry into adulthood, so teaching children how to eat healthy at a young age will help them stay healthy throughout their life.

The link between good nutrition and healthy weight, reduced chronic disease risk, and overall health is too important to ignore. By taking steps to eat healthy, you'll be on your way to getting the nutrients your body needs to stay healthy, active, and strong. As with physical activity, making small changes in your diet can go a long way, and it's easier than you think!

Eat Healthy

Now that you know the benefits, it's time to start eating healthy

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