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## Barrier's of Healthy Nutritional Lifestyle

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### Abstract :-

*The general public's view of modern diet and human health has undergone drastic changes in recent years. There is general harmony that many chronic health problems. First noted in Western countries but progressively flourished worldwide, relate mainly to diet. There is far less consensus, however, about the dietary factors implicated in such health problems. The present review of studies aims to strengthen our knowledge regarding the dietary requirements, food sources, and potential benefits. Modern food and its impact on human health. Practical suggestions for incorporating healthy fats will be made. Both food-source and supplemental intakes will be addressed with interrelationships to health throughout.*

### Introduction :

A healthy lifestyle is a valuable resource for reducing the incidence and impact of health problems, for recovery, for coping with life stressors, and for improving quality of life. The increasing prevalence of chronic illness and disabling conditions, along with greater life expectancy and the rising average age of the population are substantive contributors to the rising burden of illness. Conditions such as heart disease, cancer, diabetes, joint disease, and mental illness are responsible for the vast majority of death and disability. Many health problems can be prevented or at least their occurrence postponed (U.S. Dept. Of Health & Human Services, 1999; IUPHE, 1999; Stroebe&Stroebe, 1995). We have known for the last 20 years that a sizable proportion of the 10 leading causes of death is due to potentially modifiable social and lifestyle factors (US Dept. Of Health & Human Services, 1999). Exercise, Nutrition, smoking, and Substance abuse are integrally linked to culture and to socioeconomic status are much more difficult to address.

The term " healthy lifestyle" evolved from the idea that people's daily pattern of activities can be judged as healthy or unhealthy. A healthy lifestyle is generally characterized as a balanced life. In which one makes wise choices.. However, the array of choices is influenced by many factors.

### Geographic :

Early man ate whatever food he could get to satisfy his hunger. The food he could get consisted of what he could cultivated in the locality. Soil, climate, water and local agricultural practices determined the types of foods that can be grown in the locality. Consumption of diets based predominantly on these staple foods has given rise to large scale incidence of protein-calorie malnutrition among preschool children in these regions. Pellagra was also widely prevalent among poor maize eaters. Rice is the main food crop in the tropical countries where rainfall is high and water is available for irrigation, while millets are cultivated in areas of low rainfall. Incidence of beriberi was high among the population consuming highly milled raw rice. Wheat is mainly cultivated in temperate regions.



#### Religious beliefs :

The various religions of the world have had some influence on the food habits. For example, Muslims are forbidden from eating pork and Hindus from eating beef. Such religious beliefs have been practiced over the past several hundred years.

#### Traditional beliefs :

Traditional beliefs in food habits are still prevalent with a large majority of the population who are illiterate or ignorant regarding the nutritive value of foods. These beliefs influence profoundly the pattern of food eaten. It is believed that certain shell fish eaten during pregnancy will cause the child to be born with scales on its head. In India, consumption of papaya fruit by pregnant women is believed to lead to abortion, and consumption of garlic by lactating women will increase milk production. Milk which is an essential protective food in Western countries is disliked in many Asian and African countries and not even fed to weaned infants and preschool children.

In some parts of India ( West Bengal ), it was believed that consumption of milk and fish at the same meal will lead to the development of leprosy and leucoderma.

#### Changing food habits :

Food fads and faulty food habits are the important contributory causes for the wide prevalence of malnutrition among preschool children, expectant and nursing mothers in developing countries. These can be overcome only by education in nutrition. The guiding principles in the educational process are : (1) Change cannot be superimposed but must be integrated into the existing cultural pattern, (2) proposed changes should be acceptable to the individuals concerned, (3) the changes should be minimal and use such foods which are familiar to the people concerned. (4) Participation of representatives of the group in implementing the proposed change is essential and (5) the individuals should be satisfied that the changes in food habits have improved their health.

#### Stress :

Stress is nothing new, it was a part of the lives since prehistoric ancestors and has continued throughout evolution. But the type of stress now experienced has changed. In the fast paced technology driven, do- things to the extreme culture, persistently increasing pressure and demands are part of everyday life. Unfortunately hearty health has taken a beating trying to keep up with what our brain think and are capable of handling. Living with chronic stress is toxic to most of body's system. It often results in poor nutrition, weight problem, physical exhaustion, hostility and reliance on caffeine, nicotine and alcohol. Not surprisingly these are risk factor for heart disease. Stress causes physiological reaction that negatively affects both physical and psychological health. When under chronic stress bodies maintain a high level of the stress hormone called cortisol. Sustained high levels of cortisol can have dangerous even life threatening effect on body system. It also triggers appetite, therefore chronic stress results in increased appetite which causes stress eating and weight gain. Stressful daily life situation have been associated with Ischemia or lack of blood and oxygen to the heart. Stress has also been shown to constrict or narrow blood vessels to alter lipid levels in the blood and to result in irregular heart rhythms.





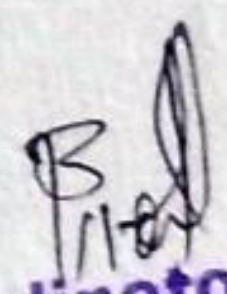
### The Facts about Healthy Lifestyles :

Lifestyle change, more than any other factor, is considered to be the best way of preventing illness and early death in our society. When people in Western Society die before the age of 65, it is considered to be early or premature death. Many factors contribute to early death in Western culture. By far the most important is unhealthy lifestyles that contribute to more than one-half of all early deaths. Eleven and increased have been identified that are associated with reduced disease risk and increased wellness. The lifestyles affects health, wellness and physical fitness. The double-headed arrow between health and wellness and physical fitness illustrate the interaction between these factors.

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