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Importance Of Nutrition

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Introduction :-

Nutrition is defined as the processes by which an animal or plant takes in and utilizes food. Essential nutrients include protein, carbohydrate, fat, vitamins, minerals and electrolytes. Normally, 85 % of daily energy use is from fat and carbohydrates and 15% from protein in humans.

- i. Utilization of food to goal repair and maintain our bodies.
- ii. Getting the right amount of nutrients from healthy foods in the right combination.
- iii. Making smart choices about the food you eat.
- iv. Proper nutrition helps you develop and maintain food health.
- v. A choice : Choose good nutrition and health lifestyle.

What is Nutrition :-

Welcome to the world of nutrition where as will help you discover what is nutrition and its role in your active and healthy lifestyle.

Simply said, Nutrition in our bodies, our source for energy, and the medium for which our nutrients can function. Think of nutrition as the building blocks of life.

We will provide you with simple explanations on how to stay healthy with nutrition, and how the choices you make with everyday influence your body health. Carelessness about food choices can contribute

to many of today's most prevalent chronic diseases such as cancer, heart attack, hardening of the arteries and high blood pressure. These are the killers of society today, and nutrition is your base defense.

The Importance's of Nutrition :-

The importance of good nutrition is nothing new. Back in 400 B.C. Hippocrates said, "Let food be your Medicine" good nutrition is more important than ever.

Food alone isn't the key to a longer and healthier life. Good nutrition should be part of an overall healthy lifestyle which also includes regular exercise, not smoking or drinking alcohol excessively, stress management and limiting exposure to environmental hazards.

No matter how well you eat, your genes play a big part in your risk for certain health problems. But don't underestimate the intensity of how and what you eat.

The process can be halted even reversed. If you make healthy changes in your diet and lifestyle. The gradual bone thinning that results in osteoporosis; may be avoided if you consume enough calcium, maintain adequate vitamin "D" levels and participate in weight bearing exercise. You may be genetically predisposed to diabetes.

Food Guide pyramid :-

A food guide pyramid is a triangular or pyramid shaped nutrition guide divided into sections to show the recommended intake for each group the first food pyramid was published in Sweden in 1974.

The USDA food pyramid is divided into six horizontal sections containing depictions of food each section food groups i.e. Bread, cereal Rice and pasta group fruit group vegetable group, meat poultry, fish, Dry beans eggs, pulses and nuts group and last milk yogurt and cheese group plus an area for oils for Health it is essential to consume a variety among and within these groups to get the array of nutrients needed by the body.



Function / food group major Nutrient
food Exchange

Body Building	Protein	Milk, Meat, Pulse
Energy Giving	Carbohydrate and fat	Cereal, fat, sugar
Protective	Minerals, Vitamin and Dietary Fibre	Vegetable, Fruits

Need to eat Balanced diet

What's high in fiber, low in calories and filled with phytonutrients? If you said apples, your right eating an apple a day for 30 days can lower LDL cholesterol (The bad Cholesterol) by 40 percent.

Nutrition has been defined as food at work in the body. Nutrition includes everything that happens to food from the time it is eaten until it is used for various functions in the body. Nutrients are components of food that are needed by the body in adequate amounts in order to grow, reproduce and lead a normal healthy life. Nutrients include water, proteins, fats, carbohydrates, minerals and vitamins. There are several nutrients in each of the groups. Proteins, fats, carbohydrates, minerals and vitamins; hence the plural form of these words has been used. Thus there are over 40 essential nutrients supplied by food, which are used to produce literally thousands of substances necessary for life and physical fitness.

The study of the science of nutrition deals with what nutrients we need, how much we need, why we need these and where we can get them. Nutrition is the result of the kinds of foods supplied to the body how the uses the food supplied.

Adequate, optimum and good nutrition are expressions used to indicate that the supply of the essential nutrients is correct in amount and proportion. It also implies that the utilization of such nutrients in the body is such that the highest level of physical and mental health is maintained throughout the life-cycle.

Nutritional status is the state of our body

as a result of the foods consumed and their use by the body. Nutritional status can be good, fair or poor.

The Characteristics of Good nutritional status are an alert, good natured personality, a well developed body, with normal weight for height, well developed and firm muscles, healthy skin, reddish pink color of eyelids and membranes of mouth, good layer of subcutaneous fat, clear eyes, smooth and glossy hair, good appetite and excellent general health. General good health is evident by stamina for work, regular meal times, sound regular sleep, normal elimination and resistance to disease due the food budget of the family.

Nutrition education

Nutrition education is a very important input to help people to select an adequate diet. Children learn food selection from their parents. Hence learn how to select an adequate diet. It is good to remember that there is a lot of good in the practices of present-day regional groups that have enjoyed good health and longevity.

In nutrition education, people must be encouraged to retain the existing beneficial food habits and other foods which may help to meet their nutritional needs. Successful nutrition education reinforces the existing cultural pattern and brings about only qualitative improvement by using available food resources.

At present nutrition is taught in limited number of faculties. It should form a part of primary school curricula. The need to prepare authentic, accurate teaching material for use in teaching at all levels be over emphasized. It is the responsibility of each person, who learns this subject, to contribute to this effort.

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