

Nutrition and Health

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Abstract

The health of the people is the wealth of that country. Among various factors affecting the health of the people, Nutrition has been found to be the most important prerequisite. Nutrition and Health are complementary and also inseparable. These two factors very strongly control the quality of life of a man, specially in the developing countries, while nutrition is regarded as a vital component of health. The latter is an ultimate objective of nutrition.

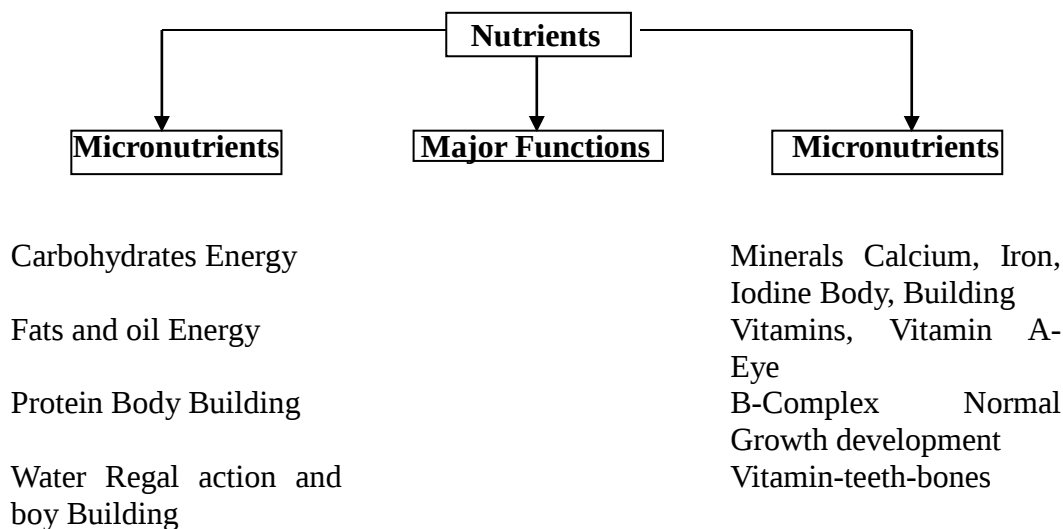
Keywords: Nutrition, Health

Introduction

Nutrition is the science that deals with all the various factors of which food is composed and the way in which proper nourishment is brought about. It is concerned with the feeding of people. Nutrition is a basic human need and a prerequisite for healthy life. A proper diet is essential from very early age of life for growth, development and active life. Nutrition is the science that deals with all the various factors of which food is composed and the way in which proper nourishment is brought about. Nutrition, although it deals with food and meals and healthy and growth is based on two fundamental sciences, Chemistry and physiology. What nutrients the food meal will provide is largely dependent on its chemical components. Nutrition therefore is

the science that deals with the study at all the processes. Concerned with growth maintained and repair of the living bodies which are connected.

Nutrition → Food → Digestion → Absorption → Transpiration → Utilization



Balanced diet:

A diet is all that we consume in a day. And a balanced diet is a diet that contains an adequate quantity of the nutrients that we require in a day. A balanced diet includes six main nutrients, i.e. Fats, Protein, Carbohydrates, Fiber, Vitamins, and Minerals.

All these nutrients are present in the foods that we eat. Different food items have different proportions of nutrients present in them. The requirements of the nutrients depend on the age, gender, and health of a person.

Importance of a Balanced Diet

The following are the importance of a balanced diet:

- Balanced Diet leads to a good physical and a good mental health.
- It helps in proper growth of the body.

- Also, it increases the capacity to work
- Balanced diet increases the ability to fight or resist diseases.

Components of a balanced diet

Some components of a balanced diet are as follows:

Fats

Some part of our energy requirement is fulfilled by fats. Fats can be found in fatty foods such as butter, ghee, oil, cheese, etc.

Proteins

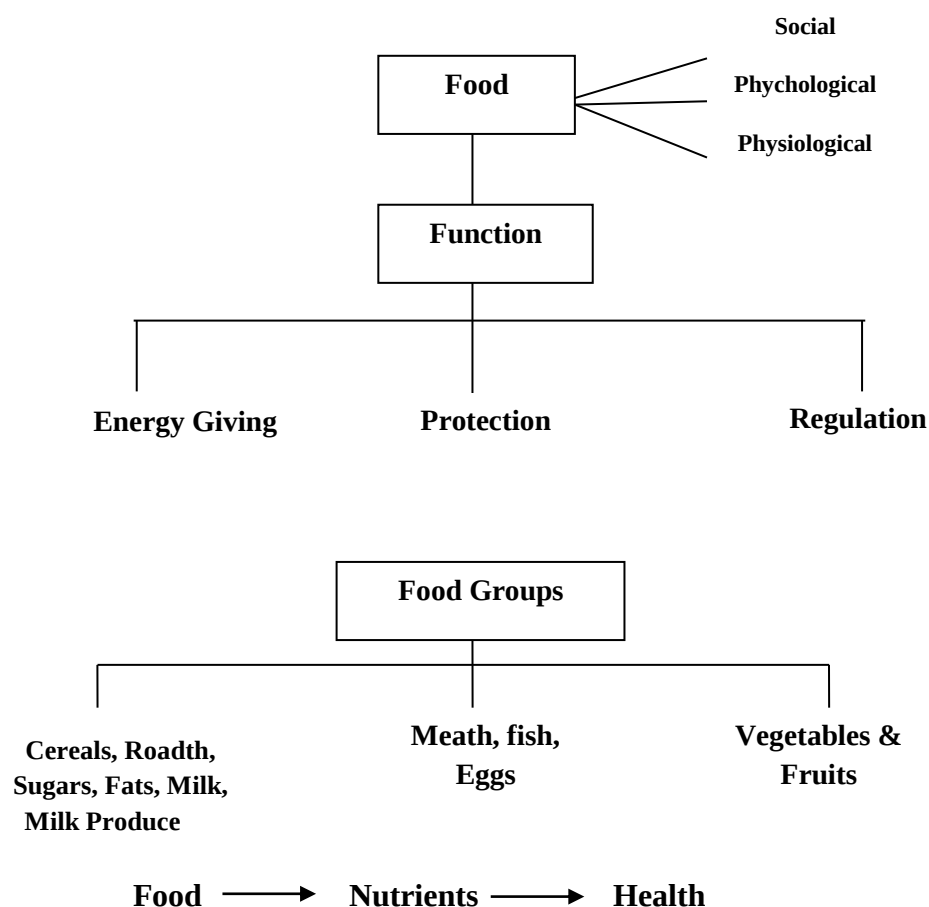
We need proteins for growth purposes and to repair the wear and tear of the body. Protein also helps in building muscle. It is found in dairy products, sprouts, meat, eggs, chicken, etc

Carbohydrates

We need the energy to process and it is fulfilled by carbohydrates. Carbs provide us energy. Carbohydrates can be found in rice, wheat, chapati, bread, etc. Cereals are our staple food.

Minerals and Vitamins

Vitamins, Minerals, and Fiber improve the body's resistance to disease. We mainly obtain it from vegetables and fruits. Deficiency diseases like Anemia, Goitre, etc can be caused due to lack of mineral in the body.

Balance Diet: Contains food from all the food groups**Conclusion**

Good Nutrition required a satisfactory diet which is capable of supporting the individual consuming in a state of good health by providing the cleared nutrients in required amounts halter has been deveined as a state of complete physical, mental and social well being and not more absence of disease or infirmity this is a very broad concept of health and implies ape feet harmony of the internal environment consisting of the physical of chemical and biological surroundings good nutrition is an important part of leading a healthy lifestyle combined with

physical activity your diet can help you to reach and maintain a healthy weight reduce your risk of chronic disease and promote your overall health.

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