



DIET AND NUTRITION

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ABSTRACT

Among three basic necessities of life i.e. Food, Shelter and Clothing, Food is the first and foremost requirement to sustain life on Earth. We need Food for growth and development.

KEY WORD: Food, Shelter and Clothing , nutrition , **World Health Organisation (WHO)**.

INTRODUCTION

Since all the foods are not of the same quantity from nutritional point of view, it is the man's capacity to include required food stuffs in quantity & quality to fulfil the nutritional requirements. Food with appropriate and balanced nutrition provides a healthy mind and a healthy body. According to **World Health Organisation (WHO)**, Health is defined as the "State of complete physical, mental and social well being and not merely an absence of disease or infirmity".

DIET OR FOOD

Diet or Food may be defined as anything eaten or drunk which meets for energy, building, regulation and protection of the body. In short, Food is a raw material from which our body is made.

FUNCTIONS OF FOOD

- Provide energy.
- Body building.
- Regulating the activities of body such as Beating of heart, Maintenance of body temperature, Muscle contraction, Clotting of blood, Control of water balance, Elimination of the waste products of the body.
- Provide resistance to diseases.

CLASSIFICATION OF FOOD

Food can be classified on the following basis:

1. Based on origin:

On the basis of origin, food can be classified into two groups:

- a. Food from animal source. For e.g. Milk, Meat, Egg etc.
- b. Food from plant source. For e.g. Pulses, Cereals, Fruit, Vegetables etc.



2. Based on function:

On the basis of functions, food can be classified into three groups:

- a. Energy giving foods- Carbohydrates and fats.
- b. Body building foods- Proteins and amino acids.
- c. Protective foods- Vitamins and minerals.

3. Based on Nutrition values:

On the basis of nutrition values, foods can be classified into five groups:

- Cereals and grains.
- Pulses and legumes.
- Milk, egg and flesh.
- Fruits and vegetables.
- Sugar and fats.

4. Based on chemical composition:

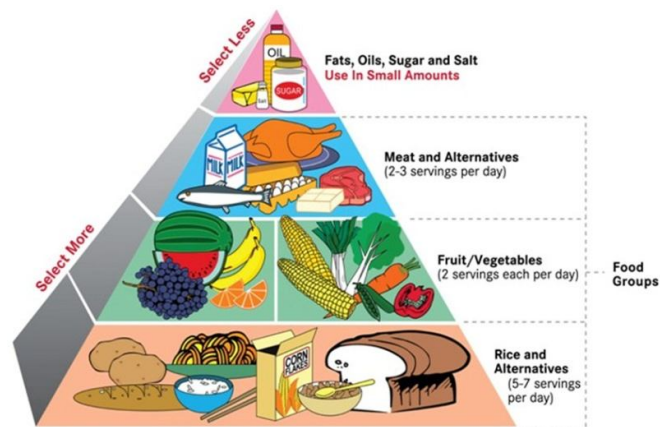
On the basis of chemical composition, foods can be classified into five groups:

- Carbohydrates.
- Fats.
- Proteins.
- Vitamins.
- Minerals.

NUTRITION

Nutrition may be defined as the science of food and its relationship to health. It is concerned primarily with the part played by nutrients and body growth, development and maintenance. In broad sense, nutrition is the science of foods, the nutrients and other substances therein, their action and balance in relationship, health and diseases. Good nutrition means "Maintaining a nutritional status that enable us to grow well and enjoy good health. For good health, proper nutrition is indispensable which can be met by the consumption of balanced diet.

BALANCED DIET



A diet which contains all the nutrients in adequate quantity required for proper growth, development, maintaining health, vitality and general well being of a person. The useful chemical substances derived from the food by the body are called nutrients. Human beings require more than 45 different nutrients for their well being. The major nutrients are as:

- Carbohydrates.
- Fats.
- Proteins.
- Vitamins.
- Minerals.
- Water.

CLASSIFICATION OF NUTRIENTS

Nutrients can be classified into two classes:

1. **Macronutrients:** The nutrients required in large amounts, e.g. Carbohydrates, Fats, Proteins and Water. The requirement of Carbohydrate from 65-80%, Proteins 07-15%, Fats 10-13% of the food.
2. **Micronutrients:** The nutrients required in small amounts, e.g. Vitamins and Minerals.

NUTRITION AND HEALTH

Proper nutrition effect the health in following ways:

FACTORS INFLUENCING FOOD HABITS AND SELECTION OF FOOD STUFF

- Superstitions and cultural beliefs.
- Religious factors.
- Income.
- Geography and availability.
- Advertising and Media.

MALNUTRITION

Malnutrition means an undesirable kind of nutrition leading to ill health. It results in a lack, excess or imbalance of nutrients in diet. It includes under nutrition and over nutrition.

Under Nutrition: Insufficient supply of essential nutrients.

Over Nutrition: Excessive intake of one or more nutrient which creates stress in bodily functions.

Malnutrition is directly responsible for certain specific nutritional deficiency diseases like Kwashiorkor, Marasmus, Anaemia, Goitre etc. It also influences many infectious diseases.



“Looking good and feeling good go hand in hand. If you have a healthy lifestyle, your diet and nutrition are set, and you’re working out, you’re going to feel good”

-Jason Statham

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