

Nutrition Education and Health

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Abstract :

Nutrition education is too much important for each and every person. Students health is depend on the nutrition which they get. Nutrition education is not just learning about food and nutrition which they get. Nutrition education is not just learning about food and nutrients, but learning what to do and how to act to nutrition improvement. Nutrition education is crucial for individual and community well. Being, offering physical health to better academic performance and increased self efficacy. It empowers individual to make informed food choices, supports healthy lifestyle and contributes to broader health and development goals.

Key words : Nutrition, Health, Self efficacy, Better mental weal-being.

Introduction :

Nutrition education is most important for parents as well as student. Most of children in India likes a packaged food and species. They like sweeten also in form of many type of chocolates. But balanced diet and nutrition makes a healthy and mentally satisfaction.

Good Nutrition and mentally satisfaction. Maintaining physical strength, mobility, endurance , hearing, vision and cognitive abilities.

Nutrition education content the dietary guidelines , which include maintenance of healthy weight, daily physical activity, food safety and moderation of alcohol intake should the dietary guidelines can be found here A nutrition education program makes available information and guidance pertaining to

- A) Food, including the kinds and amounts of food that are required to meet one's daily nutrition needs.
- B) Nutrition, including the combination of processes by which the body receives substances necessary for maintenance of its functions and for growth and renewal of its components i.e. ingestion, digestion absorption, metabolism and elimination.
- C) Behavioral practices, including the factors which inference one's eating and food preparation habits.
- D) Information on physical activity.

Nutrition Education :

The taking in and use of food and other nourishing material by the body. Nutrition is 3-part process. First food or drink is consumed. Second the body break down

the food of drink into nutrients. Third the nutrients travel through the blood stream to different part of the body where they are used as 'fuel' and for many other purposes to give the body proper nutrition a person has to eat drink enough of the foods that contain key nutrients.

Need of the study :

It's important to know how nutrition help our body from unhealthy to healthy. Role of nutrition that it is science of food which helps an individual to develop a proper well being. It is important to know that the nutrition is the process by which organisms take in and utilise food for growth maintenance, and energy production. Its need to know the work of nutrition for our body in form of food and drink.

Objectives of the study :

- 1) To know the nutrition in form of food and drink.
- 2) To understand the role of nutrition for good health.
- 3) To understand the nutrition is most relevant to improve health.
- 4) To compare the nutrition with other determinates of health.

Importance of Study :

It is important to know the nutrition consumption by us through food and drink. It is also help to know the role of nutrition for good health. In our health related issues it's play the important role for our good health.

There are five determinates of health.

- 1) Genetics
- 2) Lifestyle
- 3) Environment

- 4) Medical care
- 5) Nutrition (food, diet, cuisins)

Nutrition for healthy life :

Vitamins and minerals Reference.

Vitamins	Function	Common Source
A	Supports vision and growth	Leafy green vegetables
B	Promotes healthy skin cells	Fish, poultry, meat, eggs
C	Helps Protect cells	Citrus, white potatoes
D	Strengthens immunity	Citrus, white potatoes
E	Act as antioxidant	Wheat germoil, almonds
Minerals	Function	Common source
Calcium	Support bone and teeth	Milk, cheese, dairy food.
Iron	Support blood production	Red meat, poultry, beans
Magnesium	Regulates muscle function	Whole grains, dried beans
Selenium	Support metabolism	Seafood, organ, meats.
Potassium	Promotes nerve function	Dried fruits, beans, lentils
Zinc	Helps build protein	Seafood, meat, fish

Beverages play crucial role in nutrition. Providing essential hydration and various nutrients while water is the most important beverage for hydration, others like milk, juices, and fortified drinks can contribute significantly to a balanced diet.

Key nutritional considerations :

Hydration : Water is the foundation of healthy beverage intake.

Milk :

Provides calcium, protein. And other essential nutrients, particularly for bone health and muscle development.

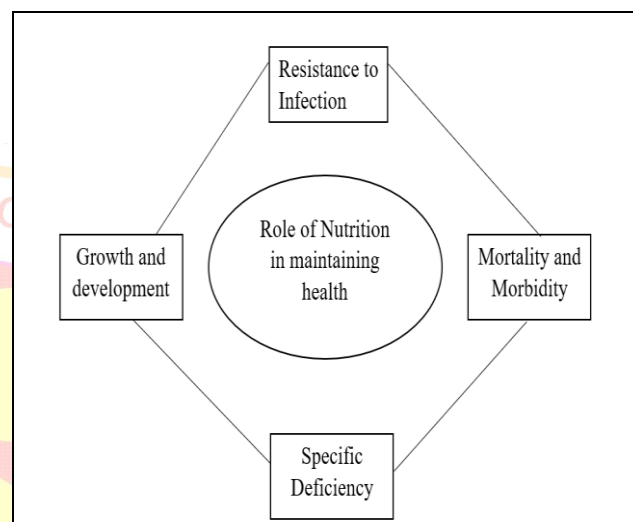
Fruit Juices :

Can offer vitamins , minerals, and antioxidants, but should be consumed in moderation due to their sugar content

Fortified drinks :

Designed to provide a balance of nutrients including protein, carbohydrates and vitamins often targeting specific needs like those with reduced appetites or those recovering from illness.

Role of nutrition in maintaining health.



Nutrition playing a important role to maintain health.

1)Resistance to infection : Resistance is defined as the ability to limit pathogen burden while tolerance is as the ability to limit the health impact caused by given pathogen.

Nutrition Profoundly affects the composition of the microbiota and concentration of metabolites in the gut which has repercussions for the physiology, immunity and susceptibility to infectious diseases of the host.

2)Mortality and Morbidity : In the field of public health medicine mortality refers to the state of being dead. Often expressed as the number of deaths within a population over a specific time period. While morbidity refers to the condition of being ill or unhealthy, encompassing various diseases and conditions.

Nutrition improve the health and decrease the number of deaths nutrition decrease the death rate.

3)Specific Deficiency :

A specific deficiency disease arises from a lack of a specific essential nutrients in the diet over time.

Common deficiency diseases :

- 1.Scurvy
2. Rickets
3. Pellagra
4. Beri-Beri
5. Xerophthalmia (Night Blindness)
6. Goitre.
7. Anemia
8. Kwashiorkor

The good nutrition protect us from the above deficiency disease.

4)Growth and development :

Proper nutrition is crucial for healthy growth and development ensuring children reach their full potential. A balanced diet, rich in essential nutrients, supports physical development cognitive function and overall well being, deficiencies can lead to stunted growth, impaired Cognitive function, and increased risk of chronic disease later in life. Nutrition and other determinants of health. But it's just one piece of a larger puzzle. Other significant factors include genetics, behaviors, environmental influences medical care and social determinants.

These determinants are interconnected and influence each other, creating a complex web of factors that impact health.

Elaboration on determinants of health :**Nutrition-**

Adequate intake of nutrients through a balanced diet is essential for overall health and disease prevention deficiencies or excesses of specific nutrients can lead to various health problems.

Genetics-

Inherited traits can predispose individuals to certain health conditions and influence their susceptibility to diseases

Behavior-

Lifestyle choices, such as physical activity smoking, alcohol consumption and sleep habits have a significant impact on health.

Environment influences-

Exposure to environmental factors like air and water quality living conditions and food security can affect health.

Medical care-

Access to timely and effective healthcare services is crucial for diagnosing and treating diseases as well as preventing them.

Conclusion :

Health is most important for healthy life nutrition playing an important role. In today's day-to-day life it is important to take nutrition and balanced diet. The lack of nutrition creates many problems. The nutrition improves the physical health, mental, and cognitive health nutrition contains many types of vitamins and minerals. Good nutrition helps in growth and development it plays a vital role to prevent from the disease like chronic and malnutrition. It strengthens the immune system. It protects us against illness. Nutrition improves mental health and mood regulation. It gives us energy and vitality. Providing energy and vitality. Providing energy and maintaining a healthy weight.

Lastly the other benefits like improved well being and increased longevity.

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