# Health related quality of life.

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## Commentary

It is a powerful predictor of a person's pleasure and pleasure with life. The impact of nutrition on HRQOL is a topic that scholars are constantly interested in and debating. The intricate interactions between nutrients are not taken into account when evaluating the relationship between specific nutrients or meals and HRQOL. Furthermore, past research on the association between eating habits and HRQOL has yielded mixed results. From conception to March 2020, a literature search was undertaken in PubMed, Scopus, Web of Sciences, and Google Scholar databases to find research that looked into the relationship between food patterns and HRQOL domains. In most nations, life expectancy has risen in recent years, leading to an increase in the number of people living with impairments and chronic conditions. The idea of quality of life encompasses various psychological, physical, social, and cultural dimensions of well-being, and improving health-related quality of life is one of the most important goals of healthcare systems. HRQOL is a multidimensional concept that assesses a person's social, emotional, functional, and physical well-being subjectively. HRQOL is defined as a person's view of how health affects their life quality and overall well-being, and it is tested using either specific or generic questionnaires. HRQOL can be influenced by a variety of circumstances, including economic reliance, living conditions, and lifestyle factors such as physical activity and eating choices. Healthy eating habits are one of them, and they play an essential role in our mental and physical health, as well as the prevention and treatment of noncommunicable diseases. It is generally recognised that an unhealthy diet can reduce physiological function while also raising the risk of disease development, that there is a strong link between diet and changes in immune and cognitive functions, and that, as a result, a better diet is a key component in improving physiological function. Beyond particular foods or minerals, examining entire dietary patterns is likely to provide a more comprehensive understanding of diet-health relationships. People do not eat isolated nutrients; instead, they eat meals that include a variety of foods that contain complex combinations of nutrients that are likely to interact. Whole-of-diet analysis provides researchers with the ability to account for the interactions between different nutrients by providing a larger picture of a combination of foods and nutrients, such as the synergetic, additive, and antagonist effect of the meals. As a result, dietary patterns may be a better predictor of HRQOL and disease risk than individual meals or nutrients. Dietary patterns are derived using statistical methods such as principal component analysis (PCA) or cluster analysis.

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