

Healthy nutrition in daily life.

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Introduction

Humans want a good vary of nutrients to steer a healthy and active life. For providing these nutrients, sensible nutrition or correct intake of food in relevance the body's dietary wants is needed. AN adequate, well diet combined with regular physical activity could be a cornerstone of fine health. Poor nutrition will result in reduced immunity, raised susceptibleness to unwellness, impaired physical and mental development, and reduced productivity. A healthy diet helps to safeguard against deficiency disease altogether its forms, in addition as noncontagious diseases (NCDs), together with like polygenic disorder, heart condition, stroke and cancer. Sensible nutrition is one among the keys to a healthy life. You'll be able to improve your health by keeping a diet. You must eat foods that contain vitamins and minerals. This includes fruits, vegetables, whole grains, dairy, and a supply of macromolecule.

Discussion

A healthy diet consumed throughout the life-course helps in preventing deficiency disease altogether its forms additionally as big selection of non-communicable diseases (NCDs) and conditions. However speedy urbanization/globalization, enlarged consumption of processed foods and ever-changing lifestyles has crystal rectifier to a shift in dietary patterns. Folks are intense additional foods high in energy; fats, free sugars or salt/sodium, and plenty of don't eat enough fruits, vegetables and dietary fibers like whole grains. So, these all factors ar conducive to associate degree unbalanced intake. A balanced and healthy diet can vary counting on the individual wants (e.g. age, gender, lifestyle, degree of physical activity), cultural context, regionally offered foods and dietary customs however the essential principles of what represent a healthy diet stay constant. Intense a healthy diet throughout the life-course helps to stop deficiency disease altogether its forms additionally as a variety of noncontagious diseases (NCDs) and conditions. However, enlarged production of processed foods, speedy

urbanization and ever-changing lifestyles have crystal rectifier to a shift in dietary patterns. folks ar currently intense additional foods high in energy, fats, free sugars and salt/sodium, and plenty of folks don't eat enough fruit, vegetables and alternative dietary fibre like whole grains. It may be laborious to alter your intake habits. It helps to specialize in tiny changes. Creating changes to your diet may additionally be useful if you've got diseases which will be worsened by the items you eat or drink.

Conclusion

Nutrition is very important for everybody. However, the need is completely different for each individual could it's growing kid, pregnant/lactating ladies and older folks. The diet varies from person throughout completely different physiological stages of the body and alternative varied factors. Body weights and heights of kids replicate their state of physical growth and development, whereas weights and heights of adults represent steps taken towards physiological state. Balanced nutrition and regular exercise area unit sensible for your health. These habits will assist you lose or maintain weight. Attempt to set realistic goals. They might be creating a number of the tiny diet changes listed higher than or walking daily.to person relying upon varied factors like age, gender, physical activity, organic process demand.

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