

Healthy nutrition in daily regular lifecycle.

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Introduction

To live a healthy and active life, humans require a wide variety of nutrients. Sensible nutrition, or the correct intake of food in relation to the body's dietary needs, is required to provide these nutrients. A well-balanced diet mixed with frequent physical activity may be the foundation of good health. Reduced immunity, increased susceptibility to illness, decreased physical and mental development and lower productivity are all consequences of poor diet. A nutritious diet can help protect you from deficiency disease in all of its manifestations, as well as non-communicable diseases (NCDs) such as polygenic disorder, heart disease, stroke, and cancer. One of the cornerstones to living a healthy life is proper diet. You can improve your health by following a diet. You must consume vitamin and mineral-rich foods. Fruits, vegetables, whole grains, dairy, and a macromolecule supply are all included.

Discussion

A balanced diet consumed throughout one's life helps to prevent deficiency disease in all of its manifestations, as well as a wide range of non-communicable diseases (NCDs) and disorders. However, rapid urbanization/globalization, increased consumption of processed foods, and ever-changing lifestyles has all contributed to dietary patterns shifting. People consume excessive amounts of high-energy meals such as fats, free sugars, or salt/sodium, and many do not consume enough fruits, vegetables, and dietary fibres such as whole grains. As a result, all of these factors contribute to an imbalanced diet. Individual preferences (e.g., age, gender, lifestyle, level of physical activity), cultural context, locally available foods, and dietary practises can all influence a balanced and nutritious diet, but the fundamental concepts of what constitutes a healthy diet remain constant. A nutritious diet consumed consistently throughout one's life helps to prevent deficiency disease in all of its manifestations, as well as a range of noncontagious diseases (NCDs) and disorders.

Conclusion

Everyone's health depends on their diet. However, each individual's need is different, whether it's a developing child, a pregnant or nursing woman, or an elderly person. The diet differs from person to person as a result of various physiological phases of the body and other factors. Children's body weights and heights reflect their current level of physical development, but adults' weights and heights reflect progress toward a physiological state. Regular exercise and a well-balanced diet are beneficial to your health. These practises will help you shed or keep weight off. Make an effort to develop goals that are attainable. They could be making some of the above-mentioned minor dietary changes or walking every day. s to prevent deficient disease in all of its manifestations, as well as a number of noncontagious diseases (NCDs) and disorders, based on several factors such as age, gender, physical activity, and organic process demand. Nutritionists and medical professionals have overemphasised the importance of eating a wide variety of foods strong in foundation nutrients including multivitamins, probiotics, Omega-3s, and protein. Eating a well-balanced diet that includes these four nutrients in the correct levels can help build a healthy baseline. "Nutrients are nourishing compounds found in food that are required for bodily growth, development, and maintenance.

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