



Impact Of Food And Nutrition In Life Style Modification

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Abstract:

Food and nutrition are the prime source of energy for our body. Food intake plays an important role in body weight. Nutrition is defined as the process in which animal or plant takes in and utilizes to release energy from the body. It is essential for growth and development, health and wellbeing. These are assessed by bodyweight which categorize by Body Composition Analysis. Purpose. Relationship between food nutrition and bodyweight includes a discussion of how the body weight can be maintained with a healthy balanced eating habit and life-style modification. Methodology and theoretical orientation. The factors affecting the eating habits depend on the time, quality and quantity of food. The urge to eat is controlled by gut hormones and brain, mainly hunger hormones and satiety hormones, after a sustained weight loss within two years, the satiety hormones are overridden by hunger hormones, by a feeling of hunger which tends to have more food is influenced by factors such as food's savory appeal, the body's fat stores and need of energy.

Biography:

SHAMEEMA VATTAMKANDATHIL is a Centre manager and Clinical Nutritionist. She is having hands on experience in food safety and food processing and undergone training at various leading food processing industries. She is a speaker in Second International conference on Nutrition, Food science and technology. She received her graduation in Food Science and Quality Control from Mahatma Gandhi University, India



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Recent Publications:

1. Willett WC, Leibel RL; Dietary fat is not a major determinant of body fat; *Am J Med.* 2002; 113 Suppl 9B:47S-59S.
2. Elaine Magee, MPH, RD; How they affect your appetite and your weight.
3. WHO, Innovative Care for Chronic Conditions: Building Blocks for Action, 2002 Geneva, Switzerland WHO
4. Aronson Elliot Mills Judson(1959), "The Effect of Severity of Initiation on Liking for a Group," *Journal of Abnormal and Social Psychology* , 59 (May), 177-81

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