

Impact of modern nutrition on health.

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Introduction

Looking back a few decades, you'll see that our way of life has changed so dramatically that we no longer give any care to whether or not what we consume is healthy. In today's world, high-calorie junk foods that are pumped with chemical additives, over-processed, or loaded with sugar have largely replaced locally grown, fresh vegetables. Unfortunately, your health has been jeopardised as a result of your bad eating habits. Despite the fact that food and nutrition have been studied for millennia, nutritional science is still relatively new. In 1926, less than 100 years ago, the first vitamin was extracted and chemically characterised, kicking off a half-century of research into single-nutrient deficient illnesses. Nutritional research on complicated non-communicable chronic diseases like cardiovascular disease, diabetes, obesity, and malignancies is even more recent, having accelerated in the last two or three decades, particularly around 2000.

Discussion

Our bodies get the "information" and elements they need to function effectively from the food we eat. Our metabolic systems struggle and our health deteriorates if we do not receive the correct information. We can become overweight, undernourished, and at risk for diseases and disorders like arthritis, diabetes, and heart disease if we eat too much food or food that provides our bodies the wrong instructions. Proteins are linked to all forms of life, and much of the research into the origins of life has focused on how proteins were created. Proteins are made up of amino acids bonded together in long strings by peptide bonds that twist and fold in three-dimensional space and build centres to help life's metabolic reactions that would otherwise run out of control or not run at all. The nutrients in meals allow our bodies' cells to carry out their essential jobs. The nutrients in food are vital for our physical functioning, according to this passage from a popular textbook. "Nutrients are nourishing compounds found in food

that are required for bodily growth, development, and maintenance. The need of eating a wide variety of foods rich in foundation nutrients, such as multivitamins, probiotics, Omega-3s, and protein, has been overemphasised by nutritionists and medical practitioners. A healthy baseline can be established by eating a well-balanced diet that includes these four nutrients in the proper amounts.

Conclusion

The metabolic processes slow down or even cease when nutrient intake does not match the nutrient needs required by cell activity on a regular basis." This recent move toward the use of processed foods, sweetened beverages, vegetable oils, and other harmful alternatives is the fundamental reason why people all over the world, including the young, are becoming increasingly overweight and unwell. Obesity, type 2 diabetes, heart disease, cancer, and other serious illnesses have all increased dramatically in recent years, with the modern diet serving as both the cause and the catalyst. According to recent studies, people's total sugar consumption has increased dramatically during the millennium. Soda, fruit juices, and other sweetened drinks are the worst sugar sources in the modern diet, and are directly linked to increased calorie intake, which leads to obesity, particularly among youngsters.

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