

## **Nutritional Benefits of Food for Healthy Life**

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### **Preface:**

From the point of view of living things, food is the most important factor for survival after air and water. For humans in particular, food is an element of happiness. In Ayurveda, it is said that the type of food a person eats is the same as his behavior. This means that our body is shaped by what we eat and drink. Consumption of food brings personal excitement, health and stability of mind. This explains the close relationship between food and good health. Food is what we eat. Food has a tremendous potential not only to satisfy hunger but also to nourish the mind and body. According to medical science, food is a substance that is absorbed by the body after it enters the body, nourishes the body and gives strength to the body, as well as protects the body by forming new cells. But for human beings, it is the factor that keeps the body healthy, strong and happy. The main purpose of my research is to study what kind of food you should eat so that you can stay healthy for life.

### **The purpose of the research**

- To study the importance of food in a healthy life.
- To study the essential elements in food for a healthy life.
- To study what kind of food to take for a long and healthy life.

### **Importance of food and nutrition in human life**

The Scientific World in Food, food sources, healthy eating, healthy lifestyle, list of nutrients, nutrition facts, protein rich food. The importance of food is obvious and essential. Healthy food provides us the nutrients and energy to develop and grow, be active and healthy, to move, play, work, think and learn. Foods are directly related to our body and mental and social health because each food or liquid contains particular nutrition such as carbohydrates, protein, vitamins, minerals, fats, etc, which are very necessary for our physical and mental growth. Food and water are the main sources of nutrition and strengthening the body, but many of the foods we eat do not have any nutritional values. On the contrary, they lead to health problems such as diabetes and heart disease. Therefore, you should choose healthy and balanced foods that can provide enough nutritional values for the body.

### **Food Sources**

Foods are secured through several methods: agriculture, hunting, gathering, etc. The detailed statement is that most food has its origin in plants. Some food is derived directly from plants, but even animals are also used as food sources that are picked up by feeding food from plants. Some foods are not directly obtained from animal or plant sources they are obtained from various edible fungi, especially mushrooms. Fungi and ambient bacteria are used in the preparation of fermented and pickled foods like leavened bread, alcoholic drinks, cheese, pickles, etc.

Whenever we take any food or nutritious fluid, our bodies digest and absorb simple but essential minerals, vitamins, fats, proteins, carbohydrates, fats, and water from these meals or nourishing liquids and convert that into the bloodstream and energy that help our body to stimulate growth and keep it healthy. Let's say, foods have various roles in human life.

Our body is just like a machine; like an engine burning fuel, the work of the body due to the energy supplied from food. The food we take in our nutrition acts as a fuel to generate energy in the mitochondria. Glucose from food interacts with oxygen to form energy, Carbon dioxide, and water molecules. Our body uses the consumption of food in order to generate the driving forces to keep the lungs breathing the heart beating and the limb function.

When we feel sick, we take food and medicine to be cured and healed, if we eat sufficient food, our immunity boosts up and we feel relieved from a cough, cold-like symptoms to a recognizable extent. Even in most infections, diseases or illnesses, the patients become very weak because they have stopped or are reluctant to eat. Nutrition deficiency is a sort of disease wherein a lack of food or excess food causes the disorder. The lack of sufficient diet along with the administration of drugs leads to many problems like drug accumulation, development of resistance to the drug by microbes, etc. This is because the food is an enzyme inducer. Thus on metabolism drugs become more water-soluble and get excreted from urine. Food gives strength to the body to accommodate a drug and medicine safely and also metabolize them after their action in the body. Many oil-soluble medicines are well absorbed in the presence of fatty foods. During a wound, bone fracture or inflammation, consuming a sufficient diet helps to overcome the pain and inconvenience during the healing process. It indicates that food is also used as medicine drugs, without food drugs fail to overcome some diseases like tuberculosis, sunstroke, gastric ulcers, skin diseases, muscle pains, etc. So, one of the best techniques to overcome diseases is to have a reasonable amount of food. Many people under stress and depression neglect food. But interestingly the same food can relieve stress and strain. So if you are having any tension, then ask him to consume enough food and you will see that he gets some relief from stress and depression. By the way, the importance of food is apparent, yet we have tried to write on this topic, someone might be able to benefit from this article and he may include me in his prayers.

### **How good nutrition boosts your health**

#### **1. Weight management**

A lot of us mistakenly associate weight loss with fad diets, but eating a nutritious diet is really the best way to go about maintaining a healthy weight and at the same time attaining the necessary nutrients for healthy body function. Swapping unhealthy junk food and snacks out for nutritious food is the first step to keeping your weight within a healthy range relative to your body composition, without the need to jump on the fad-diet bandwagon.

#### **2. Protecting you from chronic diseases**

Many chronic diseases such as type-2 diabetes and heart disease are caused by poor nutrition and obesity. With 1 in 9 Singaporeans suffering from diabetes, the emphasis on good nutrition is higher than ever. Taking a preventive approach with a whole food-based nutrition plan also reduces the risk of developing other related diseases such as kidney failure.

#### **3. Strengthening your immune system**

Our immune system requires essential vitamins and minerals in order to function optimally. Eating a wholesome and varied diet ensures your immune system functions at peak performance and guards against illnesses and immunodeficiency problems.

4. **Delaying the onset of ageing**

Certain types of food such as tomatoes and berries can increase vigour and improve cognitive performance, all the while protecting your body against the effects of ageing.

5. **Supporting your mental well-being**

Eating the right foods can actually make you happier – nutrients such as iron and omega-3 fatty acids found in protein-rich food can boost your mood. This contributes to better overall mental well-being and protects you against mental health issues.

So, how does one build a sensible nutrition plan then? Healthy eating is all about eating balanced proportions of nutrient-rich foods from the various food groups, as well as adopting several healthy eating habits.

**How to achieve good nutrition in your diet**

Each food group provides different nutrients and benefits, so eating a balanced diet that includes foods from all five groups is essential. These are the different food groups that you should keep in mind.

1. **Whole grains:** Whole-grain foods such as brown rice and bread are forms of carbohydrates, specifically unrefined carbohydrates. They provide you with energy, healthy fibre, vitamins, minerals and antioxidants, and aid with digestion. For people who are diagnosed with coeliacs or those with non-coeliac gluten sensitivity, it's important that you include other carbohydrate alternatives to ensure that your abstinence from wheat doesn't cost you in terms of essential nutrients. "Gluten-free carbohydrate alternatives include rice products, buckwheat (technically a pseudocereal), quinoa and starchy vegetables (e.g. sweet potato, yam, pumpkin, corn)," says Ang Sin Hwee, Associate Sport Dietitian at Singapore Sport Institute. "As following a gluten-free diet may lead you to unknowingly cut out certain nutrients, it is recommended that you seek help from a registered dietitian."
2. **Fruits and vegetables:** Various forms of produce are rich sources of vitamins and minerals that help regulate body functions and protect it against chronic diseases. To get the most nutrients out of your fruits and vegetables, eat them whole – for example, eat whole fruits instead of having them juiced.
3. **Protein :**Protein is the primary nutrient responsible for building and repairing muscle tissue in the body. Animal meat is the most common source of protein, but there are also several plant-based options to choose from such as nuts and legumes. Individuals on plant-based diets should ensure that eat the right combination of plant protein to ensure that their dietary needs are adequately met.
4. **Dairy:** Dairy products are rich in important nutrients like calcium, potassium, phosphorus, vitamins A, D and B12. Foods like milk, yoghurt and cheese are great examples of dairy which can be found in practically every grocer stores.
5. **Fat and sugar:** Dietary fat (such as the kind you get from fish and olive oil) is essential for good health as they regulate cholesterol levels in your body while promoting healthy cell function. Monounsaturated, polyunsaturated and saturated fat all play a role in this aspect of good health. On the other hand, the additional fat you often find in fried food should be minimised as they are largely polyunsaturated fat derived from processed vegetable oils such as soybean and rapeseed. Due to their low threshold for oxidation, overconsumption of polyunsaturated fat can lead to inflammatory conditions and the formation of free radicals. Artificial trans fat is also a strict "no-no". Sugar should also be

limited – while the natural sugars present in fruits and whole grains are healthy, the refined sort you get with cakes and snacks can affect your weight and lead to metabolic diseases if consumed in excess.

Apart from eating foods from the above-mentioned food groups, there are three other healthy eating habits to maintain in order to keep your nutrition plan on point.

- **Keep portion sizes regulated**

Managing portion sizes is all about ensuring that you are getting the right amounts of nutrients and calories from your food. Over-eating or under-eating deprives you of nutrients and can affect your weight, so always regulate your meal portions. When buying food, check out the serving sizes on the nutrition labels to see what amounts to a regular serving and how much it provides in terms of nutrients.

- **Prioritise fresh food**

Fresh, whole foods are the ones you will derive maximum nutritional benefits from. Always go for foods in their purest, unprocessed form such as fresh fruits, vegetables and meat when possible. If you go with processed alternatives, pick those that have undergone simple changes such as dehydration and flash freezing to minimise nutrient loss. Also, keep an eye on the ingredients list to ensure that you're consuming as little additives with your food as possible.

- **Practice healthier seasoning habits**

Consider tempering your salt intake with other herbs and spices to add a new dimension of flavour to your food. For example, basil, garlic, paprika and cayenne can turn an ordinary chicken breast dish into a gastronomical delight! Salt is the most common food seasoning used in cooking, but too much sodium can lead to high blood pressure and hypertension, particularly with those who are already susceptible to said conditions. Maintaining a nutritious eating plan is simple enough; evaluating whether it's nutritious enough can be straightforward as well. Just look out for five simple enough indicators of whether you are getting enough from your food.

### **What is good nutrition for Active Health**

Indicators of a nutritious diet

1. **Body composition:** A well-structured nutrition plan should allow an individual to maintain a healthy physique within acceptable body fat levels (18-24% for men and 25-31% for women). This also means that it should support metabolic health through a number of means, such as promoting healthy hormone function, insulin sensitivity and physical recovery.
2. **Healthy cholesterol levels and blood pressure**  
Monitoring your cholesterol levels and blood pressure is crucial because having a healthy weight doesn't discount the possibility of issues in these areas. While dietary cholesterol doesn't have as much effect on blood cholesterol levels as we once thought, it can still be influenced by your overall dietary fat intake. On the other end, excessive sodium intake can lead to hyper-extension, of which one of the symptoms happens to be elevated blood pressure levels.
3. **Healthy skin and hair**  
The condition of your skin and hair are good indicators of the quality of your nutrition. If you are getting enough nutrients, your skin should be firm, supple and of a rich hue rather

than flaking and pale. Your hair should be smooth and strong rather than dry and brittle; unexplained hair loss is often a sign of malnutrition.

#### **4. Sleep and energy levels**

Getting the right amount of nutrients and calories will help you stay energised due to its ability to promote restful sleep. If you find yourself feeling sluggish, It could be a sign of either a distinct lack of calories and/or nutrients, driving your body into “starvation mode” which hampers its restorative capabilities.

#### **5. Regular bowel movements**

Your bowel movements reflect whether you are getting sufficient fibre from your diet, so if you find yourself being constipated, load up on more fruits and vegetables to get your digestive system going.

While these five indicators of a nutritious diet may give your a decent idea of how to go about achieving your nutrition goals, getting the help of a certified nutritionist can help improve your odds of success while avoiding the common pitfalls.

#### **Conclusion**

Food is an important element in building the human body. The Almighty God has created many foods that have important benefits for building cells and body tissues by containing important and necessary nutrients, so the body needs to eat food in sufficient quantities to get energy. A human body needs foods to do many functions in the body, bodybuilding, and growth, and development, as well as to resist the germs and various diseases that may be infected. This is what we have discussed here for you. The importance of food and its effects on our body and mind are very interesting topics and will be always trending subjects for students, teachers, and researchers. In the last, we have given some health tips that will help you to stay healthy and keep your body maintained.

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