

Welcome to EPHE 155

2024

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What is Nutrition?



Nutrition: the study of food, including:

How food nourishes our bodies
How food influences our health



Nutrition is a relatively new discipline of science.



What influences your attitude toward food and your food choices?



What affects your FOOD CHOICES?

Food appearance

Current health status

Marketing

Peer influence

Education

Childhood experience

Media

Income

Ethnic identity

Health beliefs

Income

Emotional comfort

Occupation

Religious beliefs

Genetics

Other influences on food choice

- Routines and habits
- Restaurants
- Social changes/trends
- “Time”



A close-up photograph of a young boy with light brown hair and blue eyes, wearing a blue shirt. He is holding a sandwich with both hands and taking a bite. The background is a plain, light color.

Food Behaviour

- Food has different meanings to different people
- Two drives influence our desire to eat
 - 🔊 Hunger
 - 🔊 Appetite



- Hunger
 - Biological drive
 - Controlled by internal body mechanisms
- Appetite
 - Psychological drive
 - Affected by external food choice mechanisms



Some thoughts.....

- ▶ When food is ample, appetite rather than hunger drives eating behaviour

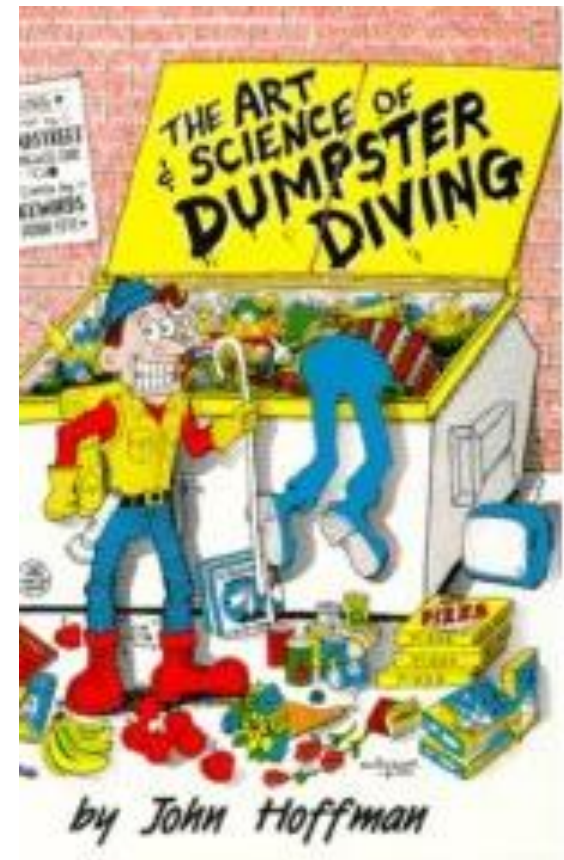


Nutrition Concept #1

- Food is a basic human need
 - Enough to live
 - The right assortment for optimal health

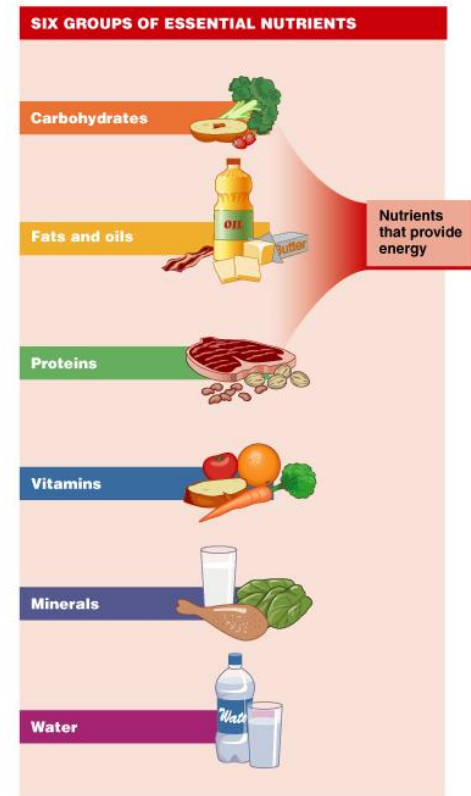
Food Security

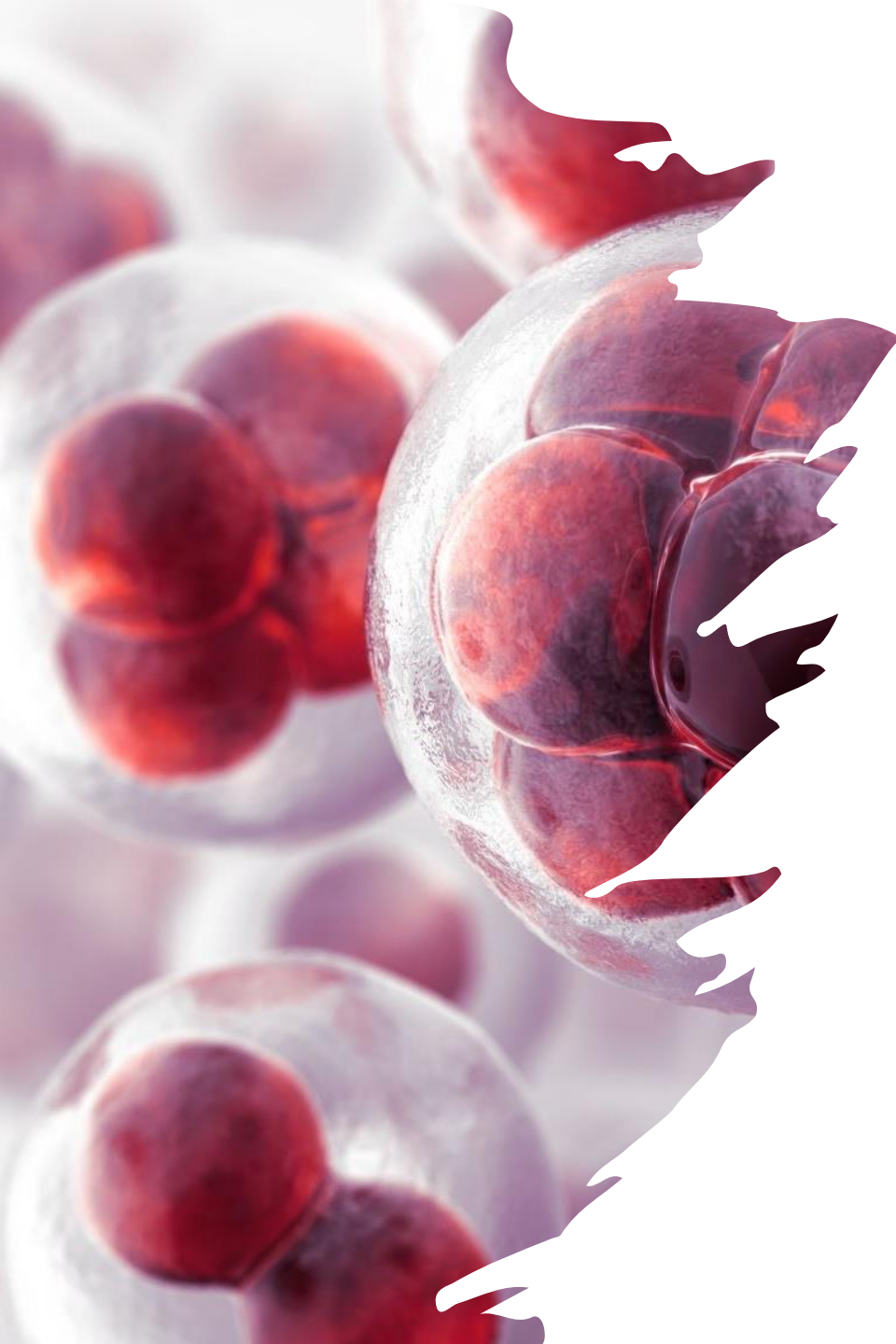
1. Access at all times to safe, nutritious foods
 2. Can acquire acceptable foods in socially acceptable ways
- Food insecurity →
exists when either of these
conditions can't be met



Nutrition Concept #2

- Foods provide energy (calories), nutrients & other substances needed for growth and health





Nutrition Concept #3

- Health problems related to nutrition originate within cells
 - Cells are the main employers of nutrients
 - The function of each cell is maintained by the nutrients it receives

Nutrition Concept #4

- Poor nutrition can result from both inadequate and excessive levels of nutrient intake (disordered eating)





Nutrition

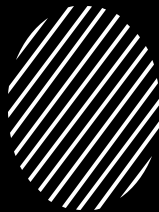
Concept #5

Humans have adaptive mechanisms for managing fluctuations in nutrient intake

1. If caloric intake is ↓, the body ↓'s energy expenditure
2. G.I. Tract can ↑ iron absorption if body stores are low
3. The kidneys protect the body from high levels of Vitamin C by excreting it in the urine

Nutrition Concept #6

- Malnutrition can result from poor diets and from disease states, genetic factors or combinations of these factors



Nutrition Concept #7

- ▶ Some groups are at higher risk of becoming inadequately nourished than others
 - Pregnant or breastfeeding persons
 - Infants
 - Growing children
 - Frail elderly
 - The ill or those recovering

*In the case of food shortages caused by natural disaster or war, the health of these groups is compromised the soonest and the most.



Nutrition Concept #8

- Poor nutrition can influence the development of certain chronic diseases
- No one food is nutritious by itself – each is of value because it contributes to a nutritious diet


Good nutrition can prevent some diseases!

Diseases in which nutrition plays some role	Osteoporosis Osteoarthritis Some forms of cancer
Diseases with a strong nutritional component	Type 2 diabetes Heart disease High blood pressure Obesity
Diseases caused by nutritional deficiencies or toxicities	Pellagra Scurvy Iron-deficiency anemia Other vitamin and mineral deficiencies Nutrient toxicities

Nutrition Concept #9

- Moderation, variety and balance are key characteristics of a healthful diet
 - ▶ Almost $\frac{1}{2}$ our population don't consume any fruit or fruit juice on a given day
 - ▶ Most popular vegetable in the world is.....





Food for thought for this week!

- Is healthy eating a right, a responsibility or a privilege?
- Do you think you can ever, really, fully be in control of everything you consume?
- If you feel like you 'don't eat well' what are your reasons?
- What drives your food choices?