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Scientific Foundations of Health

Module: 2

Building of Healthy Lifestyles for a Beter Future

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Healthy Diet Habits Lead to Good Health

1. **Eat minimally processed foods cooked at home.**
2. Have a variety of proteins
3. Ensure half your plate is filled with fruits and veggies
4. Make water your go-to drink
5. Eat smaller. Eat often!
6. Choose brightly colored fruits and veggies like oranges & spinach

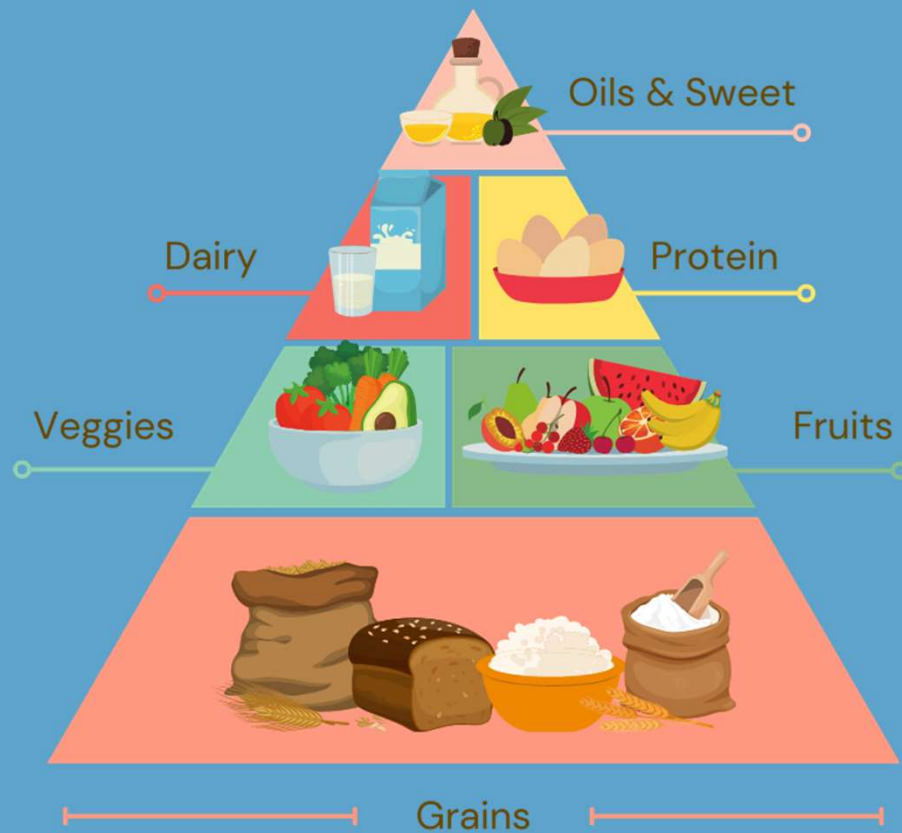


What does a typical healthy diet look like?

A healthy diet has the following components:

1. Fruits and Vegetables – 5 or more servings a day
2. Complex Carbs (Bread, Pasta) – generating energy
3. Meat, fish and alternatives – low fat source of protein
4. Dairy products – eat in moderation and low fat alternatives
5. Fatty/Sugary food – chips, candies, soft drinks

Visualizing the Food Pyramid



Eating right kind of food in right amounts ensures good nutrition and health.

Food

- Food may also be defined as any substance eaten or drunk which meets the needs for energy, body building, regulation and protection of the body.
- Food is the means that nourishes the body.

Nutrition

- Nutrition - is food at work in the body. It includes everything that happens from eating food to its usage in various functions of body.
- Adequate, optimum and good nutrition – indicates the right amount and proportion of nutrients for proper utilization for achieving highest level of physical and mental health.

Nutritional Statuses

Nutritional status – state of the body as a result of foods consumed and their utilization by the body.

Malnutrition	Good Nutritional Status	Over Nutrition & Diet
Malnutrition can be primarily due under nutrition or secondarily due to error in metabolism. The interaction between nutrients or nutrients and drugs used for treatment.	Well developed body with normal weight for height, well developed and firm muscles, healthy skin, reddish pink colored eyelids and membranes of mouth	Over nutrition refers to an excessive intake of one or more nutrients which creates a stress on bodily functions.

Functions of Food



Physiological

- Helps build body and repair tissues
- Provides energy for all activities
- Regulates body processes
- Improve immune system



Psychological

- Meets emotional needs
- Provides sense of security
- Token of friendship & acceptance



Social

- Central to social, cultural & religious life
- Expression of happiness, love, friendship
- Aids participation in get together, meetings etc

WHO Nutritional Guidelines

Fruits & Vegetables	Fat
<p>Eating at least 400 g, or five portions, of fruit and vegetables per day reduces the risk of NCDs (Non Communicable Diseases) and helps to ensure an adequate daily intake of dietary fiber.</p> <p>Fruit and vegetable intake can be improved by:</p> <ul style="list-style-type: none">• Always including vegetables in meals;• Eating fresh fruit and raw vegetables as snacks;• Eating fresh fruit and vegetables that are in season• <p>Eating a variety of fruit and vegetables.</p>	<p>Reducing the amount of total fat intake to less than 30% of total energy intake helps to prevent unhealthy weight gain. The risk of developing NCDs is lowered by :</p> <ul style="list-style-type: none">• Reducing saturated fats to less than 10% of total energy intake• Reducing trans-fats to less than 1% of total energy intake <p>Steaming or boiling instead of frying when cooking. Eating reduced-fat dairy foods and lean meats or trimming visible fat from meat.</p>

WHO Nutritional Guidelines

Salt	Sugar
<p>Most people consume too much sodium through salt around 9–12g per day and not enough potassium (less than 3.5 g). High sodium intake and insufficient potassium intake contribute to high blood pressure, which in turn increases the risk of heart disease and stroke.</p> <ul style="list-style-type: none">• Salt intake to the recommended level of less than 5 g per day.• Not having salt or high-sodium sauces and condiments on the table.• Limiting the consumption of salty snacks.• Choosing products with lower sodium content.	<p>In both adults and children, the intake of free sugars should be reduced to less than 10% of total energy intake. A reduction to less than 5% of total energy intake would provide additional health benefits</p> <p>Eating fresh fruit and raw vegetables as snacks instead of sugary snacks.</p>

Anorexia Nervosa

- Being considerably underweight compared with people of similar age and height
- very restricted eating patterns
- An intense fear of gaining weight or persistent behaviors to avoid gaining weight, despite being underweight
- A relentless pursuit of thinness and unwillingness to maintain a healthy weight
- A heavy influence of body weight or perceived body shape on self-esteem
- A distorted body image, including denial of being seriously underweight
- Serious weight loss: 15% below the normal weight (BMI is ≤ 17.5)
- The weight loss is induced by avoidance of fattening foods.
- Amenorrhea in women and loss of sexual interest in men
- Use excessive exercise or appetite suppressants.

Bulimia Nervosa

- Alternating periods of starvation Use appetite suppressants
- There is a self-perception of being too fat with a fear of too fat.
- Recurrent episodes of overeating in which large amounts of food are consumed in short periods of time.
- Persistent preoccupation with eating, and a strong desire or a sense of compulsion to eat (craving)
- Counteract the "fattening effect" perception by Self-induced vomiting and other Common purging behaviors include fasting, laxatives, diuretics, enemas, and excessive exercise.

Binge Eating Disorder

Eating large amounts of foods rapidly, in secret and until uncomfortably full, despite not feeling hungry

- Persistent preoccupation with eating, and a strong desire or a sense of compulsion to eat (craving)
- Counteract the “fattening effect” perception by Self-induced vomiting and other Common purging behaviors include fasting, laxatives, diuretics, enemas, and excessive exercise.
- feeling a lack of control during episodes of binge eating feelings of distress, such as shame, disgust, or guilt, when thinking about the binge eating behavior
- No use of purging behaviors, such as calorie restriction, vomiting, excessive exercise, or laxative or diuretic use, to compensate for the binging

Pica

- Pica is another eating disorder that involves eating things that are not considered food.
- Individuals with pica crave non-food substances, such as ice, dirt, soil, chalk, soap, paper, hair, cloth, wool, pebbles, laundry detergent, or cornstarch.
- Pica can occur in adults, as well as children and adolescents. That said, this disorder is most frequently observed in children, pregnant women, and individuals with mental disabilities

Rumination

- Rumination disorder can affect people at all stages of life. People with the condition generally regurgitate the food they've recently swallowed. Then, they chew it again and either swallow it or spit it out.

Questions & Answers

Over to you!





Resources

List the resources you used for your research:

- Health Psychology- Biopsychosocial Factors in Health and Illness. Authors: Larry C. Barnard & Edward Krupat. Harcourt Brace College PublishersSource #2
- Health Psychology. Ninth edition. Shelley E. Taylor . McGraw Hill Edition. India Pvt. Ltd.
- Health Psychology. By M. Robin Dimalleo. Leslie R. Martin. Pearson Education Parling Kindersley (India)