



Good nutrition is an important part of leading a healthy lifestyle. According to the World Health Organization, nutrients must come from foods that are vital for disease prevention, growth, and good health. Consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of non-communicable diseases (NCDs) and conditions.

Are you making a habit of healthy eating?

Nutrition

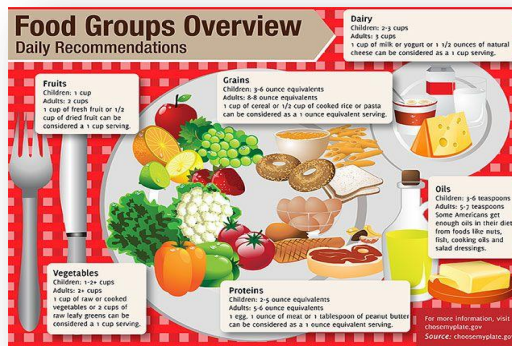
- It is the study of nutrients in food, how the body uses them, and the relationship between diet, health, and disease. It is a critical part of health and development.
- Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.
- Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.



Malnutrition is a condition that results from eating a diet in which one or more nutrients are either not enough or are too much such that the diet causes health problems. It presents significant threats to human health. Today the world faces a double burden of malnutrition that includes both under nutrition and overweight, especially in low- and middle-income countries.

Healthy children learn better. People with adequate nutrition are more productive and can create opportunities to gradually break the cycles of poverty and hunger.

Food is essential—it provides vital nutrients for survival, and helps the body function and stay healthy. Food is comprised of macronutrients including protein, carbohydrate and fat that not only offer calories to fuel the body and give it energy but play specific roles in maintaining health. Food also supplies micronutrients (vitamins and minerals) and phytochemicals that don't provide calories but serve a variety of critical functions to ensure the body operates optimally.



YouTube

<https://www.youtube.com/watch?v=TioRI2KGfzw>

Take care of your body. It's the only place you have to live.

-Jim Rohn



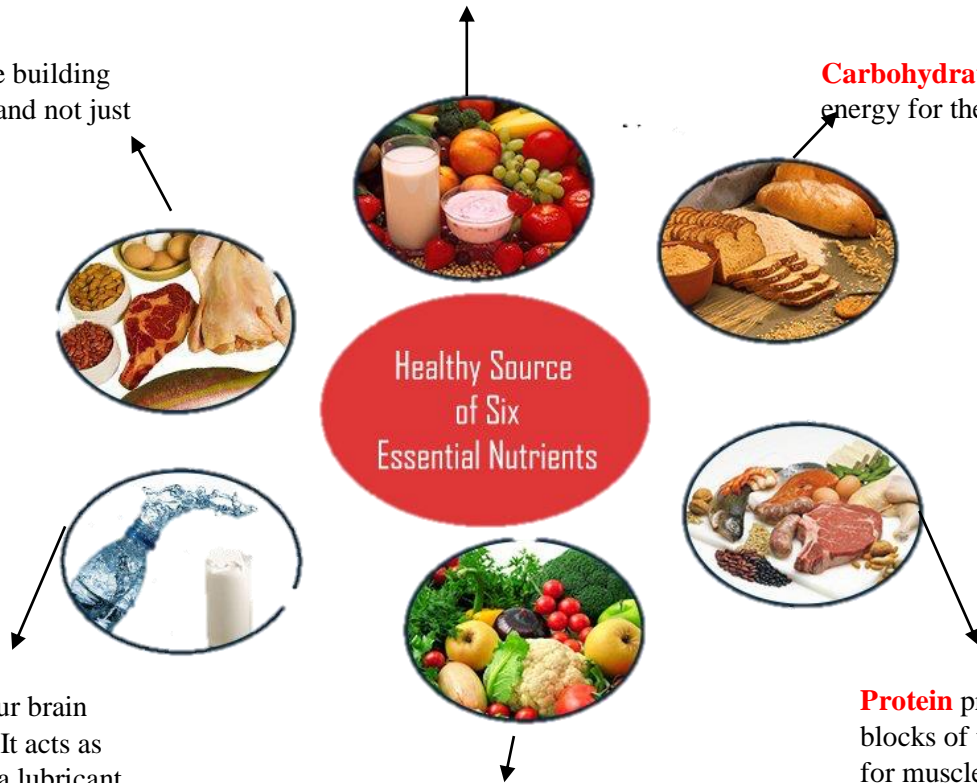
Nutrients

These are the substances in food that our bodies process to enable it to function. Your nutrient requirements are influenced by factors including your age, growth stage and activity. Nutrients are so small that the naked eye can't see them.

Minerals help maintain cardiovascular health and provide structure to skeleton. They're essential for many body functions, including building strong bones and teeth, regulating your metabolism, and staying properly hydrated.

Protein provides the building blocks of the body, and not just for muscle

Carbohydrates are ideal source of energy for the body.



Water improves your brain function and mood. It acts as shock absorber and a lubricant in the body.

Vitamins are vital for warding off disease and staying healthy. It aid in energy production, wound healing, bone formation, immunity, and eye and skin health.

Protein provides the building blocks of the body, and not just for muscle.



Diet refers to the food and drink a person consumes daily and the mental and physical circumstances connected to eating.



What Experts Recommend for Healthy Eating

In his book *In Defense of Food*, Michael Pollan offers three simple, easy-to-remember “rules” for eating:

1. Eat food.
2. Not too much.
3. Mostly plants.

Here are general guidelines that apply to everyone and are important for good health.

- ✓ Know your healthy body weight
- ✓ Combine healthy eating with exercise
- ✓ Follow dietary guidelines
- ✓ Drink water
- ✓ Pay attention to your eating patterns
- ✓ Notice (and avoid) the influence of the "food giants"
- ✓ Eat with others

Nourishing ourselves

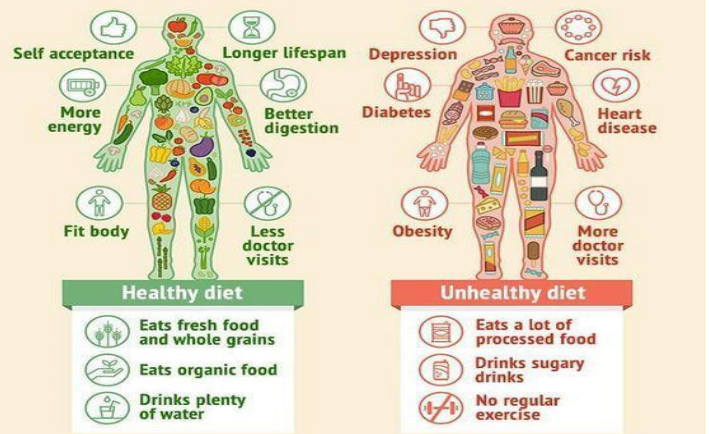
- The increase in both eating disorders and obesity dramatically demonstrate that diet is not just about giving your body sustenance.
- Learn to eat mindfully
- Nourishing yourself engages every aspect of your being—physical, social, emotional, mental, and spiritual. When any of these aspects are unbalanced, eating behaviors can suffer (learn to eat mindfully).

Nutrition involves our relationships with family, friends, community, the environment, and the world. We need to make decisions about what and how we eat that foster not only our health and wellbeing, but the health of those around us and of our planet and environment.

Best Foods For Your Body



Healthy Diet VS Unhealthy Diet



References:

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