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## Importance of good health and balanced diet for healthy living

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### Abstract

Good health and good nutrition is an important part of leading a healthy lifestyle. The importance of a good health and balanced diet can't be emphasized enough for a healthy lifestyle. A healthy lifestyle can be attained by maintaining a balanced diet and keeping into consideration to meet all the essential nutrients required by the body. A proper meal plan helps to attain ideal body weight and reduce the risk of chronic diseases like diabetes, cardiovascular and other types of cancer and hence leading to a healthy living. The purpose of the present study is to interpret the importance of good health and balanced diet for a healthy living. Food is the essential and only element which of the factors affecting growth and health. We know that lasting food health is impossible without good nutrition, but we also know that not all well-fed persons are healthy. Many other factors, such as heredity, various disease conditions, environmental stress, general habits of living, rest and recreation, emotional problems and exposure to infections, play a part in the maintenance of normal health and may sometime counter balance the effects of a good diet.

**Keywords:** good health, food, nutrition, balanced diet, healthy lifestyle

### Introduction

Good health is central to human happiness and well-being that contributes significantly to prosperity and wealth and even economic progress, as healthy population are more productive, save more and live longer. Good health is the result of living in accordance with the natural laws pertaining to the body, mind and environment. Metabolic processes that occur in the cells of the healthy human body are complex, orderly, and efficient. A great variety of chemical compounds are involved in these reactions of metabolism. Those chemical compounds that come into the body as food and participate in metabolic processes are called "nutrients". Nutrients that are essential for life and health include proteins that contain specific amino acids, fats that contain specific fatty acids, carbohydrates, several vitamins, many mineral elements, and water. Proteins, fats carbohydrates, and water are also important in determining the quality characteristics of prepared foods. A food may be defined as any substance that, when taken into the body, will perform one or more of the following functions.

- Build new tissues and maintain or repair old body tissues.
- Provide energy.
- Regulate body processes.

The principle constituents of foods used for the building and maintenance of tissues are proteins, minerals, and water. Vitamins play an important role, probably regulatory, in growth processes but enter also into the structure of somebody components such as the visual-purple pigment of the eye. Common foods are mixtures of nutrients. Some highly processed foods, such as table sugar, shortenings and oils provide a single nutrient, and in some foods one or two nutrients predominate. Generally, however, each food may be expected to contribute to the diet in several ways. The nutrients in foods are affected by various practices of handling and preparation.

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**What is a balanced diet?**

But what exactly is a balanced diet? In simple words, it's a diet that offers the nutrients to help your body function properly. The importance of diet lies in the intake of the right amount of calories. Your body gets the right nutrition when you consume a wide variety of food rich in calories such as fresh fruits and vegetables, whole grains, and proteins.

**Calories**

Calories are an indicator of the energy content in the food. Once you intake the food, the calories are consumed when you walk, think, or breathe. On average, a person may require about 2000 calories a day to maintain their body weight. Generally, a person's calories may depend on their gender, age, and physical activity. Moreover, men need more calories than women. Again, people who are more into exercising require more calories in comparison to people who don't. It's also important to remember that the source of calories is equally important as the amount. Stuffing your food with empty calories, i.e. those that don't contain any nutritional value doesn't help in any way. Empty calories can be found in foods such as:

- Sugar
- Butter
- Cookies
- Cakes
- Energy drinks
- Ice cream
- Pizza

**Importance of a Balanced Diet**

Eating a healthy diet is all about feeling great, having more energy, improving your health, and boosting your mood. Good nutrition, physical activity, and healthy body weight are essential parts of a person's overall health and well-being.

There's no questioning the importance of healthy food in your life. Unless you maintain a proper diet for a healthy body, you may be prone to diseases, infection, or even exhaustion. The importance of nutritious food for children especially needs to be highlighted since otherwise they may end up being prone to several growth and developmental problems. Some of the most common health problems that arise from lack of a balanced diet are heart disease, cancer, stroke, and diabetes.

Being physically active manages many health problems and improves mental health by reducing stress, depression, and pain. Regular exercise helps to prevent metabolic syndrome, stroke, high blood pressure, arthritis, and anxiety.

**Significance of the study**

The health is a vital principle of bliss. The study is significantly provides good health and balanced diet is a major factor in our happiness and our ability to work productively for healthy life style. Health has a very significant role to play as it comprises health knowledge, health habits and health attitudes. It can improve the individual, family and community life for bright and prosperous future.

**Healthy Living**

Health can be defined as a state of complete physical, mental, social and spiritual well-being, which consists in maintaining the body as much as possible by following daily advice and preventive measures to reduce the possibility of diseases. Health has an important role in feeling happy, as there are many people who suffer from diseases, but the health enables them to fight diseases, as a result, they achieve physical

fitness and feel comfortable or enjoy life like any normal person.

Health is a state of physical, mental, emotion and social well being. Good health enables people to enjoy life and to have the opportunity to achieve the goals they have set for themselves. The real purpose of health is to develop and maintain vigour and vitality, to acquire interests and habits in ways of living that are whole some and to meet the demands put upon the individual efficiently, with energy and satisfaction.

Health is the body's functional and metabolic efficiency, and its ability to adapt to the physical, mental, and social changes that it is exposed to. Health is the opposite of disease, and also means the safety of the body from physical, social, and mental disorders. "Health is the quality of life that enables an individual to live most and serve best." Health can be achieved maintained and improved by supplying the basic physical, mental, emotional and social needs in proper proportion. In fact health is the key to education, success, good citizenship and a happy life. Nowadays health and its maintenance is being considered as a major social investment and it is being felt that health involves individual, state and international responsibility.

**Components of good food for good health**

Food provides us provides us with the energy we need for growth, physical activity and for basic body functions such as breathing, thinking, temperature control, blood circulation and digestion etc., food also supplies us with the materials. To build and maintain the body and to promote resistance to disease. Thus, there different functions are made possible by the nutrients contained in food.

**Carbohydrates**

Carbohydrates, which are composed of the elements carbon, hydrogen, and oxygen, are either sugars or more complex substances, such as starch, which are formed by combining many sugars together. The simplest sugar carbohydrates are called monosaccharides, saccharide referring to their sweetness and mono to the fact that they are a single unit. Three simple sugars or monosaccharides that are of importance in food preparation are glucose, fructose, and galactose.

**Proteins**

Proteins are unique because in addition to containing the elements carbon, hydrogen and oxygen, they also contain nitrogen. Sulphur is often present in proteins. Proteins are large molecules made up of a small amino acid molecules joined together in a special linkage called peptide linkage. These linkages produce long chains that then coil or bend into shapes that are characteristic for a particular protein. Some proteins are generally round or globular in shape whereas others are long and fibrous. Approximately twenty amino acids are commonly included in the structure of proteins.

**Fats**

Fats are composed of the same elements as are carbohydrates that are carbon, hydrogen, and oxygen. However, fats have much more carbon and hydrogen and much less oxygen than do carbohydrates. Because of this, fats are a more concentrated source of energy. The oxidation of 1 gram of pure fat in the body produces 9 kilocalories where as the oxidation of 1 gram of pure carbohydrate yields 4 kilocalories when protein is used by the body cells for energy.

## Minerals

Carbon, hydrogen, oxygen and nitrogen make up about 96 percent of the human body composition. The remaining 4 percent is composed of mineral elements or inorganic nutrients. Minerals are needed in the body for hard tissues, such bones and teeth, and also for soft tissues and body fluids, not all minerals that have been found in the body are known to be essential, but many have been definitely shown to be necessary. Minerals may act as building materials in both hard and soft tissues of the body and also as body regulators.

## Vitamins

Vitamins are organic chemical compounds that are required in the diet in only very small amounts but are vital for normal growth and health. The early differentiation of vitamins was by letters of the alphabet, but as chemical identification has become clear, the tendency is to use the chemical name instead. Vitamins are primarily regulatory substances, as a group they promote growth and the maintenance of health and vigour. They bring about these effects usually by their roles as catalysts in chemical reactions throughout the body.

**Table 1:** Daily Requirements of Vitamins

Sl. No.	Vitamin	Men	Women	Pregnant mothers	Boys (16-18 years)	Girls (16-18 years)
1.	Thiamine (mg)	1.4	1.1	1.3	1.4	1.1
2.	Riboflavin (mg)	1.7	1.3	1.5	1.7	1.3
3.	Niacin (mg)	19	15	17	19	15
4.	Folic acid ( $\mu\text{g}$ )	100	100	300	100	100
5.	Cyanocobalamin( $\mu\text{g}$ )	1	1	105	1	1
6.	Vitamin C (mg)	40	40	40	40	40
7.	Vitamin A ( $\mu\text{g}$ )	750	750	750	750	750
8.	Vitamin D (IU)	100	200	200	200	200

$1\mu\text{g} = 1/1000\text{th}$  of a gram.  $1\mu\text{g} = 40\text{ IU}$ ; IU = International Unit.

**Table 2:** Vitamins are classified into Two Groups

Vitamin	Chemical Name	Deficiency	Present in
B1	Thiamine	Beri-beri and loss of appetite	Cereals like wheat, oilseeds like ground nut, milk, meat, fish, eggs and vegetables.
B2	Riboflavin	Glossitis, cracking of mouth at angles	Milk, eggs, liver, kidney and green leafy vegetables
B3	Niacin	Pellagra	Kidney, liver, meat, poultry, fish, legumes and groundnut.
B6	Pyridoxine	Anaemia, hyperirritability, disorders of nervous system	Milk, liver, meat, egg yolk, fish, whole grain cereals, legumes and vegetables.
Folic acid	Folic acid	Anaemia, diarrhoea, loss of leucocytes	Liver, meat, eggs, milk, fruits, cereals and leafy vegetables.
B12	Cyanocobalamin	Pernicious anaemia	Not found readily in foods. Bacteria present in the intestine synthesise this vitamin and supply to our body.
Pantothenic Acid	Pantothenic Acid	Burning feet	Fresh vegetables, liver, kidney, yeast, egg yolk, meat, sweet potatoes and groundnuts.
Biotin	Biotin	Muscle pains, nervous disorders, fatigue	Pulses, nuts, vegetables, liver and kidney.
C	Ascorbic acid	Scurvy	Fresh fruits, green leafy vegetables, tomatoes and germinating pulses.
<b>Fat Soluble Vitamins</b>			
A	Retinol	Night blindness, xerophthalmia, rupture of cornea, scale formation on skin	Liver, eggs, butter, whole milk, fish, meat cod liver oil and shark liver oil, spinach, amaranthus, carrots, tomato, pumpkin, papaya and mango.
D	Calciferol	Rickets fragile bones	Liver, egg yolk, butter, cod liver oil and shark liver oil.
E	Tocopherol	Sterility in males, abortions in females, reduced life span of red blood cells.	Fruits, vegetables, germinating seeds, meat, egg yolk and sunflower oil, cotton seed oil.
K	Phyllo quinone	Delay in blood clotting	Green leafy vegetables and milk.

## Findings and Discussion

The enjoyment of food is one of life's pleasures for those who have an adequate food supply, eating is about far more than survival eating together is an important part of daily family life and of social events, celebrations and festivals. In addition to the enjoyment it provides, food is, of course, essential for life. Obtaining the nutrients the body needs depends of the amount and variety of food locally available. This varies widely in different parts of the world. Hence the study says the people have their individual food tastes and eating habits. All foods can be enjoyed as part of a nutritious diet, form a nutritional point of view, a particular food is either 'good' or 'bad' of itself. What matters is how well a given food complements or combines with other foods to meet persons or an individual's energy and nutrient needs. The best advice is that one should try to eat a wide variety of foods and to spread consumption over the day.

## Conclusion

Food is, hence the only one of the factors affecting growth and health. We know that lasting food health is impossible without good nutrition, but we also know that not all well-fed persons are healthy. Many other factors, such as heredity, various disease conditions, environmental stress, general habits of living, rest and recreation, emotional problems and exposure to infections, play a part in the maintenance of normal health and may sometime counter balance the effects of a good diet.

Food has many meaning in addition to its role in sustaining life and nourishing the body. But finally, all of the roles of food are channelled into its major purpose of providing for life and health. Good food adds to the joy of living, by both contributions to buoyant health and the pleasure of eating. Food, appropriately prepared looks good and tastes good and is good for us. With the development of a greater variety of

manufactured and convenience foods and their availability to the consumer, it is important that both the food scientist and consumer carefully consider the nutritional a quasi of the consumers usual diet patterns.

### **Suggestions**

- Food should be eaten up at a fixed time every day.
- Without appetite we should not eat anything.
- We should not drink excessive amount of water along with food.
- Food should be chewed many a time, so that it could be converted into chyme.
- While eating food we must avoid talking

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