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## A study on relationship between health and nutrition

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### Abstract

Health and nutrition both are interconnected to each other. There is a strong relationship between health and nutrition. Good nutrition is the key to leading a healthy lifestyle. Nutrition can help to prevent diseases. Nutrition and health are foundational parts of our life. Good nutrition play a vital role for human existence. It is an assimilated substance for growth and maintenance. There is a reason for the old saying that an apple in a day keeps the doctor away from us. The health and nutrition are valuable resources for every-body. If we want to improve our health, we will have to improve our eating habits. These good habits can control our weight, our blood pressure etc. We eat food for our growth. The six major and essential elements of food are Protein, Carbohydrate, Fat, Vitamins, Minerals and Water. These elements are necessary for life growth. Body function and tissue repair. Any one food may contain several of essential nutrients together with the substances needed to assist their absorption. These essential elements can be broken into two main Groups macronutrients and micronutrients. Fat, Carbohydrates and Proteins are included in Macronutrients. Vitamins, minerals and water are included in Micronutrients. Fats, Carbohydrates and Proteins produce energy in our body. These are required in quantities easily. Vitamins, Minerals and Water are essential to help our body to work properly. These nutrients strengthen our immune system. If we are not eating a balance diet, we may still be at risk for certain nutritional deficiencies.

**Keywords:** Nutrition, health, life style, immune system, blood pressure

### Introduction

Good nutrition is the key to leading a healthy lifestyle. Nutrition plays a very important role in promoting good health. We should be careful about the nutrients and the foods. Our diet enhance our health. Eating a balanced diet is on important part of good health. We should eat foods that contain important nutrients like whole grains, sources of protein, dairy products, fruits, vegetables etc. Diet which is full of fruits, vegetables, whole grains, nuts provens health benefits. It improves glucose control in diabetics. It lowers our blood pressure. It improves arthritis also. It reduces the risk of comer and cardio-vascular events and so on. We should also learn about some specific nutrients that can bones strong. Vitamin B plays a role in maintaining brain health. Nutrition is a critical part of health and development. Living a healthy lifestyle can help to prevent chronic diseases and long-term illnesses. Regular exercises can lift your mood and help you feel better. Food is essential for life. It provides the fuel to the body. Our body requires a certain number of calories simply to carry out its basic metabolic functions such as respiration and maintenance of body temperature. In addition to managing weight, blood pressure and cholesterol, a healthy diet can help prevent and manage of a number of non-communicable diseases such as diabetes, heart disease, stroke and some cancers. Good nutrition is really important for physical and mental development. It also underpins a strong immune system which protects us from both communicable and non-communicable diseases. Under nutrition is a major contributor to the burden of disease. When someone has a diet that is high in fiber, this can help prevent him from becoming obese.

### The importance of nutrition for health and society

Eating a well-balanced diet, with adequate nutrients and appropriate calories, is a fundamental requirement for continued health. An appropriate diet contributes to healthy development. A poor or inappropriate diet places people at greater risk of infection and a range of chronic illnesses.

Despite the clear connections between nutrition and health, more than half of the UK population are obese or overweight, consumption of fruits and vegetables is falling and the calorie density of the average shopping basket is increasing. Nutrition and health are intimately connected to each other. Large population analyses can identify a correlation between a particular food or diet and a particular health outcome.

### Relationship between health and nutrition

There is no doubt that what we eat is key to achieving and maintaining optimal body function, preserving or restoring health, and protecting ourselves against future illnesses. Since our birth we need three things to live: oxygen, water, and food. Food is the fuel through which we obtain energy and compounds that help us to repair the body,

According to WHO, "Nutrition is the intake of food, considered in relation to the body's dietary needs. Good nutrition- an adequate, well-balanced diet combined with regular physical activity- is a cornerstone of good health, poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development and reduced productivity."

It is evident that nutrition is specially related to both physical and emotional health. Nutrition is one of the most important contributors to human health. Food is a basic and foundational part of our lives. Food plays a vital role for human existence just as the air we breathe and the water we drink. The food we eat is utilized in the body and assimilated substances are used for growth and maintenance of the tissue. People who eat right foods rich in nutrients enjoy this life more. Live longer, and are at a reduced risk of diseases. Good nutrition is critical in preventing not only deficiency diseases, but also chronic diseases. Nutrition is vital to our bodies as water is to plants. An unhealthy diet increases the risk of many diet related diseases.

### Nutrition as a promoter of good health

Nutrition is a promoter of good health. It promotes health and prevents diseases. Health promotion and disease prevention play a vital role in avoiding diseases. It prevents premature death. In promoting quality of life and decreasing economic liability on the healthcare system, it plays a major role. Promoting a lifestyle that includes healthy eating patterns have been deemed to be cost effective for the prevention of diabetes, cardiovascular disease and on optimal nutrition status has been shown to be crucial in obesity prevention. Eating well helps to reduce the risk of physical health problems like heart disease and diabetes. It also helps with sleeping patterns, energy levels, and your general health,

### Role of nutrition in health and growth

Nutrition plays a very important role in health and our growth. Good nutrition is one of the important factors influencing growth and immunity. A balanced diet must contain sufficient amount of carbohydrate, protein, fat, vitamins, minerals and fiber in the required amounts. Each of these nutrients has a vital role in the all-round growth and development of children. The role of nutrition in human body is supporting growth and a stronger immune system. Individuals gain these nutrients by following a healthy diet. Human beings need a balanced proportion of nutrition protein, mineral, fats, vitamins, fibre, carbohydrates, and water.

### Nutrition and Health in children and the role of the Healthcare worker

We all know that childhood is a critical time in the growth and development of a person. It is a key stage in the establishment of their physical and mental abilities. There is therefore considerable scientific interest in determining a child's optimal dietary requirements. It will enhance and assist this growth and development. Post-natal growth spans three age periods: infancy, childhood and adolescence. Across all development stages, changes in body proportions and the mastering of fundamental motor skills are all part of biological maturation.

### Conclusion

Good nutrition promotes not only better physical health and reduced susceptibility to disease, but has also been demonstrated to contribute to cognitive development and academic success. We need a healthy lifestyle to build up a healthy immune system and a balanced diet is not developed in one day, nor are they destroyed in one unbalanced meal. Healthful eating means a lifestyle of making choices and decisions, planning, and knowing how to make quick and wise choices when you haven't planned. What you learn about eating in these first years on your own will help establish good dietary patterns for the rest of your life. Making the break from home cooking and becoming responsible for closing the foods you eat is part of the challenge of becoming a mature and independent adult. The nutritional habits you develop now will be difficult to change in the coming years when your body stops growing and your lifestyle may become more sedentary. Eating nutritious and healthful food while maintaining your proper body weight will contribute to a better performance in the classroom, in the gym, and on the dance floor.

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