

Nutrition & Healthy Diet: Maintenance

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Commentary

Nutrition is providing the required food or fuel for the body so that it can perform the regular activities. As human are heterogeneous organisms they depend on others for the purpose of food. The process of nutrition must provide the body required amounts of nutrients, in case if one fails to take the required nutrients in necessary amounts, it leads to malnutrition and other deficiency disorders. The nutrients necessary for the human growth are carbohydrates, proteins, fats, vitamins, minerals and water. Foods like carbohydrates, fats, proteins and water are required in large quantities hence they are known as Macronutrients. Macronutrients are the foods that are required in small quantities which include vitamins and minerals.

Carbohydrates are the foods which contain sugar; examples include rice, potatoes, fruits, bread, pasta, oatmeal, yogurt and milk products and sauces etc. The consumption of carbohydrates must be limited. Eggs, milk, meat, lentils, broccoli, cheese, almonds, lentils, fish, shrimp, chicken, peanuts include Proteins. Fatty fish, avocados, nuts, dark chocolate, cheese, chia seeds, oils, full fat yogurt extra virgin olive oil are the foods that provide fats to our body. Water is another macronutrient which is very much required for the body; a person must have at least 8 glasses of water per day.

Our body requires minerals like calcium, iron, phosphorous, magnesium, sodium, potassium, copper, zinc, manganese, selenium; they are helpful in maintaining blood pressure, maintain the nerve impulse, managing the sugar levels, maintain healthy nervous system, musculoskeletal system and cardiovascular system, immune system. Minerals are abundantly available in foods like nuts, seeds, eggs, organ meat, broccoli,

cauliflower, cocoa, berries, yogurt, sardines etc. Vitamins are the organic molecules which are very much important for human body and its deficiency leads to disorders. Vitamins are two types: Water soluble and fat soluble Vitamins.

Vitamin B and Vitamin C are water soluble Vitamins. Vitamin B is a complex vitamin which in turn again of many types. Vitamin B1 (Thiamine), Vitamin B3 (Niacin), Vitamin B2 (Riboflavin), Vitamin B5 (Pantothenic acid), Vitamin B7 (Biotin), Vitamin B6 (Pyridoxine), Vitamin B9 (Folic acid), Vitamin B12 (Cyanocobalamin). They maintain cell production, hormone secretion, nerve impulse, healthy muscles, brain function and digestion. Its deficiency can cause disorders like beriberi, pellagra, anemia, defects of neural tube etc. Vitamin C is also known as ascorbic acid its deficiency leads to scurvy which causes swelling and bleeding of gums. Vitamin C is rich in citrus fruits.

Vitamin A is known as retinol, is very much essential for eyesight and is highly available in carrots, milk, fish liver oil, peas and fortified cereals, its deficiency leads to color blindness. Vitamin D, Calciferol is required for healthy bone growth and maintenance, it also boosts our immune system, and its deficiency might lead to arthritis. Vitamin K is of 2 types, K1 (Phylloquinone), K2 (Menquinone) are required for the clotting of the blood, available in kale, parsley, butter egg yolks, spinach. Vitamin E known as tocopherol is an antioxidant and builds our immune system, it is available in nuts, spinach, kiwi, mango, nuts.

A person must take diet that meets his regular nutrient levels and helps in maintaining a healthy body.