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# NUTRITION AND DIETETICS ARE THE MAJOR TOOLS FOR THE DEVELOPMENT OF HEALTH, AND BASIC NEED OF DAILY LIFE IN THE DEVELOPING COUNTRIES OF THE WORLD

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The presentation consists of nutrition, dietetics, health, daily life and developing countries which were studied and reported that Nutrition and Dietetics are the major tools for the development of health and basic need of daily life in the developing countries of the world. Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. Nutrients are substances that are required for the nourishment of organism while nutrition is the entire process by which organisms obtained energy and nutrients from food. The study further reported that nutrition with the major food nutrients are the basic source of our food which are necessary for the development of health. Similarly, the essential food nutrient for life includes carbohydrate, protein, lipids, as well as fiber, vitamins, minerals and water. All the major food nutrients are found in plants and animal cells it is also called food science. Dietetics is the branch of knowledge concerned with the diet and its effects on health, especially with the practical application of a scientific understanding of nutrition. The total estimated countries in the world are 224. Recognized countries are 198 consisting of 149 developing countries and 49 developed countries, however the unrecognized countries are 26. Keeping in view the importance of above study, it is proposed that the process of Nutrition and Dietetics should be commercialized for the development of health, and basic need of daily life in the developing countries of the world.

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