

## Nutrition and Healthy Diet

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### Editorial Note

Nutrition is the food which contains complex carbohydrates, protein, healthy fats, and fiber are required to our body to function optimally. This study deals with the benefits of healthy diet and also regarding nutritional deficiency symptoms. The biochemical and physiological process which includes ingestion, absorption, assimilation, biosynthesis, catabolism and excretion by which organisms utilizes healthy food to support its life and the science which deals with physiological process of nutrition is called nutritional science. Insufficient supply of nutrients may leads to nutritional deficiency which is called as malnutrition which refers to over nutrition and under nutrition.

Vitamins and minerals are essential nutrients. A, C, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, B6, B12, and foliate) are the 13 vitamins which are essential for the body to grow and develop. Lack of vitamins in body leads to vitamin deficiency which is also called as avitaminosis. Nutritional deficiency may leads to health related problems like digestive problems, osteomalacia (is occurred due to vitamin-D deficiency), skin problems etc. The most common mineral deficiency is iron deficiency. Mineral deficiency symptoms also include constipation, abdominal pain, decreased immune system, diarrhea, irregular heartbeat, loss of appetite, nausea and vomiting etc.

In order overcome malnutrition, maintenance healthy diet is important. Intake of foods such as includes fruits, vegetables, whole grains, and low-fat milk and milk items in the diet. Add a variety of protein sources like fish, lean meats and poultry, eggs, vegetables beans and peas, soy items, nuts, and seeds in the diet. Include all the food groups within the recommended dietary allowances in order to obtain healthy diet. Healthy eating is to meet balanced diet. Use low calorie ingredients or prepare food in a complex form. Complex food with unprocessed ingredients, decrease the rise in blood sugar level.

Complex food ingredients include whole grains, proteins, leafy vegetables, unprocessed food products.

We can enjoy our favorite foods, even if they rich in calories, fat or added sugars. It is better to eat them only once in a while and balance them with a healthier diet along with performing balance diet. Decrease the meal portions, if it is included with high calorie foods. Include low carbohydrate sources. Healthy eating behavior makes the individual mentally and physically healthier. Healthy foods like fruits, vegetables, and whole grains consumption reduce the risk of chronic diseases. The daily dietary allowances should include all the food groups for the vital macro and micronutrient requirement. Consumption of foods like saturated fat and added sugars are prone to obesity, heart disease, type 2 diabetes, and other chronic health complications. Public health interventions mainly focused to reduce the food insecurity, hunger and health improvement.

Healthy eating behavior makes the individual mentally and physically healthier. Healthy eating behaviors like drink plenty of water, avoid trans fats and high fat diet, intake the meal with complex food ingredients, increase Basal Metabolic Rate (BMR) by adding spices to the meal, perform physical activity for the calorie utility, add the plenty of colored food to the diet to meet nutrient requirement and the probiotics to the diet.

### Maintaining nutrients and healthy diet

In adults may help in maintaining skin, teeth, and eyes healthy and also supports muscles, strengthens the bones, decreases heart related problems, lowers the risk of diabetes, supports pregnancies and breastfeeding, helps to maintain digestive system and also act as immunity booster.

In children this helps in maintaining healthy weight, and also supports in brain development, acts as immunity booster, strengthens bones and supports muscles and also included in maintaining skin, teeth, and eyes healthy same as in adults.