

# Role of food and nutrition in daily Life

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## INTRODUCTION

Food has been a basic part of our existence and it is the most important for living healthy and for being active. We should have enough food which is rich in nutrients and vitamins. Food provides to build new cells and tissues for growth, prevent and fight infections, stay healthy and heal themselves.

By knowing the food composition, the nutritional content of food is known. Intake of food ensures growth in children and youth, maintains good health throughout life, meets special needs of pregnancy and lactation and for recovery from illness. A large part of our food heritage is scientifically beneficial and needs to be retained; some aspects may need to be modified in view of changes in our lifestyles. Most of the articles are published in news papers and magazines may be correct but most of it may not be. Therefore this course will give proper information on food and the knowledge gained can be spread to people around, so that the false ideas about foods which interfere with food selection are erased and health is not affected.

## Functions of Food

First function of food is to provide energy. Body needs energy to sustain involuntary processes essential for continuing life. It is also required for various activities like professional, household and recreational activities, convert foods into utilizable nutrients required for growth and warmth. Another important function is body building. An infant at birth weighs 2.5-3.0 kgs and grows to 50-60 kgs during adulthood, which is possible only if right food in right amount is given from birth to adulthood. Food eaten also helps to maintain the structure of the body and helps in repair of worn out tissues. Food regulates the activities of the body including - heartbeat, maintaining body temperature, muscle contraction, water balance, blood clotting and removal of waste products from the body. It also helps in improving the immune system and improves resistance power of the body. We do have many guidelines for intake of foods like vegetables, fruits, fish, beans, meat, whole grain products, eat less salt, for maintaining healthy body weight, avoid drinking alcohol, and by consuming clean and safe water.

## What is Good Nutrition?

Food and nourishment are the way that we get fuel, giving energy to our bodies. We need to supplant supplements in our bodies with another stockpile each day. Water is a significant segment of sustenance. Fats, proteins, and sugars are completely required. Keeping up key nutrients and minerals are additionally imperative to keeping up great wellbeing. For pregnant ladies and grown-ups more than 50, nutrients, for example, nutrient D and minerals, for example, calcium and iron are imperative to consider while picking nourishments to eat, as well as could be expected dietary enhancements. A solid eating routine incorporates a ton of common nourishments. A sizeable segment of a sound eating regimen should comprise of foods grown from the ground, particularly ones that are red, orange, or dim green. Entire grains, for example, entire wheat and earthy colored rice, ought to likewise have an influence in your eating routine. For grown-ups, dairy items ought to be non-fat or low-fat. Protein can comprise of lean meat and poultry, fish, eggs, beans, vegetables, and soy items, for example, tofu, just as unsalted seeds and nuts.

Great sustenance likewise includes staying away from particular sorts of food sources. Sodium is utilized vigorously in prepared food sources and is perilous for individuals with hypertension. The USDA encourages grown-ups to burn-through under 300 milligrams (mg) every day of cholesterol (found in meat and full-fat dairy items among others). Seared food, strong fats, and trans fats found in margarine and prepared food sources can be unsafe to heart wellbeing. Refined grains (white flour, white rice) and refined sugar (table sugar, high fructose corn syrup) are additionally awful for long haul wellbeing, particularly in individuals with diabetes. Liquor can be hazardous to wellbeing in sums more than one serving for each day for a lady and two every day for a man.

## CONCLUSION

Good nutrition promotes better physical health and lessen susceptibility to disease, Good nutrition also been demonstrated to contribute to cognitive development and academic success.

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