Significance of food quality on human health

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Now-a-days, a perfectly balanced diet is rather a myth. The climate change have affected the soil productivity and thus limiting wide world food supply. Food insecurity and poverty represent other key factors in many areas of the world where obesity represent a direct consequence of malnutrition (1). There is a direct dependence between the incomes of the population and the dietary pattern. Thus the quality food drops dramatically among the low-income population (2).

These adverse effects can be substantially reduced by varied and balanced diet but even so it difficult to obtain an adequate nutritional density. Science has demonstrated that is necessary to fill human needs minerals and vitamins from dietary supplements. So that, in last’s year’s consumption of food supplements have a sharp increase. Practically, a large percent of adults from developed countries use different dietary supplements (vitamins, minerals, amino acids, botanicals, etc.) However, recent studies had shown that complex food supplements can promote health and can be useful in the prevention of a number of disorders such as infections, osteoporosis, cardiovascular disease, brain disorders etc. (3,4). Many recently studies demonstrate that food supplements obtained through chemical synthesis have not the same beneficial effect as similar natural products (3,4).

On the other hand, should be taken into account the obesity healthcare, which is expected to be on a rising trend globally. Therefore, a healthy nutrition is reflected in a sustainable development of society (1). At this moment, nutrition is a major priority worldwide, taking into account the disastrous health effects of low-quality diets (2).

Consequently, should be adopted compressive strategies to improve the food quality standard and thus enhance the food environment. There must be a perfect balance between high quality nutrition and a healthy environment. At this moment, there is a current international trend focused on organic natural food which should be encouraged because this could be a viable solution to increase the human health. Another distinct advantage consist in the exclusion. It also means the content of hazardous additives food will be minimized to the exclusion.

REFERENCES


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Received: March 03, 2018, Accepted: March 14, 2018, Published: March 21, 2018

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