

Healthy diet- healthy life

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Abstract

All of us know about diet, but which items should be included or which to be excluded is a big question. Diet can be mentioned as what we eat or intake. But the food which keeps you fit and healthy should indeed be a part of one's life. The best way to be healthy is to eat fruits and vegetables, or we can say that natural food should be consumed. Avoid junk and packed food. Drink plenty of water daily. About 50-60 percent of our total body weight is water. It is the major component of blood, which carries oxygen and nutrients to the tissues. Milk and aloe Vera juice, apple juice, etc., can be used. A diet that includes proteins, iron, calcium, carbohydrates, and vitamins keeps us healthy. Our bodies cannot synthesize certain essential nutrients; we must obtain them from our food. Another way to be healthy is to lead a productive life. Be active and do some physical exercise daily. It feels good for mental health and helps you to manage stress, anxiety, depression, sleeplessness, and digestion.

Keywords: fruits, vegetables, water, beverages, oils, milk, wheat, grain, pulses, sprouts, spices, junk food, packed food, exercise

Introduction

A few years ago, it was assumed that a person who is not sick is lucky and healthy. When epidemics such as tuberculosis, plague, cholera, and influenza killed millions of people worldwide, survivors were believed to have healthy stock and congratulated themselves on their good fortune. Victims of these epidemics work not simply as unhealthy or dirty; instead, they were victims of environmental factors which made them sick. As a result, the term health became synonymous with good hygiene. Continued improvement in sanitation brought a dramatic change in life expectancy, and the development of vaccines and antibiotics added even more years to the average life.

In 1947 an international health organization (WHO) the world health organization took the landmark step to clarify the meaning of health; "Health is the state of complete physical, mental, and social net being, not just the absence of disease or infirmity." In this way, first time, the concept of health came to mean more than not being ill. In 1960 health included more than social or mental elements of life. Other factors such as environmental, spiritual, intellectual, emotional, and social aspects of health define whether a person was truly capable of optimal functioning. These elements prove that it is not just a length of life or several disease-free years that matters but achieving one's potential for a happy, healthy, and productive life.

Today most childhood diseases are preventable or curable due to massive public efforts. They aim to reduce the spread of infectious diseases; many people live well. For some people simply, health means freedom from sickness. For a few others, it means being in good physical shape and able to resist illness. It implies that health has several dimensions, and each has relevance in the state of health of a similar line. A physician Dunn refers to the conceptualization of health as wellness. He that individuals engage in attitudes and behaviors that enhance the quality of

life and maximize personal potential. The components of health/wellness are: -



Fig 1

1. Physical Health

It includes characteristics such as body, size, and shape, body functioning: physical fitness and recuperative ability. Physical health also includes our ability to perform everyday activities of daily living, which is likable to get out of bed in the morning, bend over to tie our shoes, and do other daily tasks.

2. Social Health

It is the ability to develop and maintain intimacy with others and respect those with different opinions. Forgive other's mistakes and grow from personal mistakes or shortcomings.

3. Spiritual Health

It means belief in a supreme force that unites human beings. This force includes nature, religion, and higher power. It also contains morals, values, ethics, and spirituality.

4. Emotional Health

The way of expressing feelings and emotions, when appropriate, controls them when it is not, and avoids saying them in an inappropriate manner.

5. Environmental Health

This means maintaining safe water, food, and air. We have a safe physical and emotional environment where we can live and carry out our daily activities.

6. Intellectual Health

It refers to the ability to think objectively, reason objectively, analyze critically, and use brain power effectively to meet life's challenges.

7. Occupational Health

A realistic perspective about life's challenges and the skills to cope with life's stressors and challenges.

8. Financial Health

A sense of satisfaction with life and appreciation for the stages of the life experience. Respect for self as well as care for others.

butter milk, soup like tomato, spinach, mixed vegetables, etc., can be a part of daily life. Nutritionists recommend that the potatoes, bread, wheat, and cereals group make up your diet plate. Your dietary intake is also suggested to include 18g of fiber daily. The food should be fiber-rich and have unrefined carbohydrates.

Eating food is essential for humans. It is the base of life and the body's primary energy source. A healthy diet is one of the crucial things which plays a role in keeping the human body fit and fine. We consume calories, nutrients, vitamins, and proteins, which are healthy and delicious. In our daily life, healthy and balanced meals should be taken, including carbohydrates in the form of fruits, vegetables, fibers, protein, and vitamin B, to help you stay healthy. Whole grains, beans, and other products like oats, brown rice, wheat barley, pasta, and wheat berries are packed with antioxidants, vitamins, minerals, and fibers and help maintain a healthy weight.

Eat more fiber-rich leafy greens. Use fruits and vegetables with skin wherever possible. They are low in calories. Raw or steamed vegetables can be taken as salads. It helps your human body to process waste efficiently and feels your tummy fuller for longer. I prefer eating fresh and seasonal fruits. All fruits are rich in several vitamins, antioxidants, fiber, and amino acids. It should be a regular part of every meal. It reduces the risk of cholesterol and diabetes. Healthy eating habits encourage consumers to use healthy oils. Oils like soybean, rapeseed mustard oil, olive, and canola oil can be used for cooking in fewer amounts. One should avoid fried, high calories products and unhealthy trans fats. Less than 30% of calories should come from fats, avoiding trans-fat.

If we avoid a healthy diet, many diseases and problems will enter our lives, like obesity, hypertension, cancer, cardiac disease, joint pain, chronic disease like high blood pressure, gastric problems, etc. different types of dietary fat effects the blood level of cholesterol differently.

Children and adults should be discouraged from unhealthy habits of taking junk food and beverages because, during the process, nutrients like vitamins, minerals, and fibers are removed. Sugary, salty, and fatty food should be avoided. If we are habitual of taking artificial sugar, fats, and salts, which are added to food, that leads to various diseases. Eating less salt is also a part of a healthy diet. Adults must not consume more than 6 g of salt a day. Eating salt in excess can increase blood pressure. Studies have shown that intaking salt in excess leads to high blood pressure. Limit the usage of salt, sugar, and oil items.

Water is one of the essential part of the diet that helps to keep you fit and removes most of the body's toxins. Keep a watch on the intake of water. Drinking water regularly is the key to looking young, and We should drink plenty of water, at least eight glasses a day, and juice one small glass daily. We can have a cup of coffee or tea or milk a day. Fluid sources like milk, coffee, tea, juice, etc., should not significantly contribute to the required daily volume, but water is the best. It has zero calories and no added preservatives or color. A

A study from the United Kingdom has shown that if a person drinks a glass of water half an hour before every principal meal a day, it will help reduce the body weight by four kg in just twelve weeks. Fruits like watermelon, cucumber, muskmelon, apple, etc. contain much water content that must be included in a healthy diet. One should remember that soya milk is considered equivalent to milk in nutritional and calcium content. Older adults, women, and pregnant women need extra vitamin D. Calcium keeps skin, bone, and teeth healthy.

Vitamins like A, C, D, E, K, N, PP, B, B1, B2, B5, B6, B7, B9, and B12, play an essential role in our life. With the deficiency of these vitamins and minerals, we may have many diseases like vitamin A – Night blindness, B1-Beri-Beri, C-Scurvy, D-Rickets, K-Excessive bleeding due to injury, etc. to maintain good health, a variety of food should be eaten. From each group as shown in the pictures.



Fig 2

As mentioned above, intentions, habits, self-regulatory skills, and social and physical environment are the most critical determinants of a healthy diet. However, educational interventions generally show a limited effect on practicing a healthy diet. At the same time, an intervention targeting habitual behavior and physical environment seems more promising.

Diet means a person intakes a pattern of food that meets his demands relevant to weight or health. Most people control their diet for health reasons. It improves their overall health. Person regulates their food in terms of short-term or long-term health goals. It is not an easy task. A person forgets his plans when facing a delicious sweet shop or a Cake shop. Dairy products are a great source of protein that helps build and maintain bones, muscles, and skin. Toned or skimmed milk, fresh lime water, coconut water,



Fig 3



Fig 4

Eating in the right proportion will help to keep weight under control. It is not only always necessary that a healthy diet include only nutrients, but we can also include recipes that are enjoyable and craving satisfactory, and at the same time tasty too. Prefer home-cooked meals or minimize processed food. Our brain registers that taste, and the next time we smell it, think about its taste, or even read about its recipe, our brain starts to trigger memories, and these types of memories cause physical responses like salvation. So, we can add delicious recipes to our diet, recipes with plenty of vegetables and fruits. Make an executable eating plan each week.

A healthy diet not only helps to maintain a healthy weight but also helps to keep you young. Stay active and exercise regularly to stay healthy. It will improve the digestion system and strengthen bones. BMI and healthy weight should be maintained by physical exercises that burn calories. If the calories taken in are not burnt, they will become fat in our bodies. To avoid this situation, we can eat smaller meals more often.

As it is mentioned above, that food is a necessity of life. To avail food to everyone, many organisations, institutions, and social welfare societies have played a vital role in meeting the necessities of life. Such agencies are the Red Cross society, World Health Organisation (WHO), the United Nations Children’s Fund (UNICEF), United Nations Educational. These agencies have also helped in COVID-PANDEMICS. Guidelines were issued on how to keep fit and healthy. What should be taken in diet? How to lead

an everyday and healthy life. So be careful and attentive to your health.

Conclusion

Most people do not care about the types, variables, and amounts of food they consume daily, which leads to bad health. The number of people eating unhealthy food is more than people who are eating healthy food. This number is increasing year to year. Nowadays, it has become easy to buy junk food for their families without thinking about the side effect of junk food that their families will suffer in the future. It is not suitable for our family. Avoid instant and packed food. Our daily plates prefer home-cooked meals with plenty of protein, calcium, iron, vitamins, and carbohydrates. It sharpens your mind and improves your energy. If we are healthy, we can take care of our family. A famous proverb is, “if money is gone, something is gone; if health is gone, everything is gone.”. So be healthy by eating a healthy diet.

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