



A Healthy Diet for Healthy Life Style

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A healthy diet is continually shifting to reflect the evolving understanding of the roles that different foods, essential nutrients, and other food components play in health and disease. Healthy diet refers to the right amount of nutrients that we intake in a single day or in a single meal. Generally healthy diet is nothing but putting a right amount of nutrient values including carbohydrates, fibre, vitamins, fats, proteins to provide the strength and increase our metabolism activity. Just by changing our food habits we can change our life style into a healthy version. By eating fresh and healthy food which includes all nutrients put in huge impact in our internal and external body which reflects into healthy life style. A healthy diet not only impacts our physical health but also our mental health.

Key words- Dietary fibres, healthy foods, diet, nutraceuticals, functional foods.

Components of a healthy diet and their benefits

1. Carbohydrate:- Carbohydrates are the primary source of energy in the diet and are found in the greatest abundance in grains, fruits, legumes, and vegetables. In terms of deriving a health benefit, whole grains are preferred over processed grains. Meta-analyses of prospective cohort studies have linked increased whole-grain intake to a reduced risk of coronary heart disease, stroke, cardiovascular disease, and cancer, as well as to the decreased risk of mortality due to any cause, cardiovascular disease, cancer, respiratory disease, diabetes and infectious disease. Fresh fruits and vegetables supply energy as well as dietary fiber, which promotes the feeling of satiety and has positive effects on gastrointestinal function, cholesterol levels, and glycemic control.

2. Protein:- Dietary proteins provide a source of energy as well as amino acids, including those that the human body requires but cannot produce on its own (i.e., essential amino acids). Dietary proteins are derived from both animal (meat, dairy, fish, and eggs) and plant (legumes, soya products, grains, nuts, and seeds) sources, with the former considered a richer source due to the array of amino acids, high digestibility, and greater bioavailability.

3. Fat:- Dietary fats fall into 4 categories: monounsaturated fats, polyunsaturated fats, saturated fats, and trans fats. The fat content of food is generally an admixture of these different types. Unsaturated fats are found in a variety of foods, including fish, many plant-derived oils, nuts, and seeds, whereas animal products (and some plant-derived oils) contribute a larger proportion of saturated fats.

4. Water:- Water is the principal component of the body, constituting the majority of lean body mass and total body weight. Water not only provides hydration but also carries



micronutrients, including trace elements and electrolytes. Drinking water may supply as much as 20% of the daily recommended intake of calcium and magnesium.

Common health promoting dietary pattern

A healthy dietary patterns can be generally described as those that are rich in health-promoting foods, including plant-based foods, fresh fruits and vegetables, antioxidants, soya, nuts, and sources of omega-3 fatty acids, and low in saturated fats and trans fats, animal-derived proteins, and added/refined sugars. Patterns such as these are naturally occurring in certain regions of the world and rooted in local/regional tradition and food sources, as is the case for the traditional Mediterranean and Asian diets. Healthy dietary patterns have also been developed based on studies of nutrient intake and subsequent health measures or that share some common characteristics

Weekly: Poultry, Potatoes, Sweets, Lean Meats, Alcohol in Moderation.

Optional Daily: Fish and Sea foods

Daily: Fruits and Vegetables, Whole Grain, Legumes nuts & seeds, Water and herbal infusion, Physical activity, Social interaction, Adequate rest

General diet requirement of different stages of people

Generally diet depends on every individual according to their body type and habits and health condition they are going through and also by their age.

- i. **Infancy (0 to 12 months):** Generally in new born baby's their length and weight double's in the age between birth to one year. Breast milk generally supplies a baby with the required amounts of nutrients, fluids and energy up to about six month age. It is recommended that infants be exclusively up the of age of six month. Solids should be introduced around six months to meet the nutritional requirements as per body need for developmental.
- ii. **Young Children (Adolescence):** A child is eating solids, offer wide, range of food to ensure adequate nutrition- young children are often picky, but should encouraged them to eat a wide variety of food means all type of varieties which includes all nutrients as help in growth and development their level of physical activity.
- iii. **Adults (18 years or older):** The adults need plenty of kilojoules & nutrients for growth & physical activity so it needs dense - nutrient such whole grain, bread & cereals, fruits legumes, nuts, vegetables, fish and lean meats.. Further for older teenagers and young adults reduce the amount of fats in salts in the daily diet.
- iv. **Older people (above 60):** At this age proper intake of food is important. Mostly many people eat less when they get older –but this can be harder to them so they should maintain the proper intake of food. An older people should take meal mostly rich in nutrients like calcium, magnesium, protein and fibres and easily digestible food.
- v. **Food for Pregnant Women:** A pregnant woman should concentrate increasing her nutrient intake, rather than her Kilojoule intake, particularly in the first and second trimesters. Eat at least 5 portions of a variety of fruit and vegetables every day. Eating plenty of fruits and vegetables provides vitamins and minerals as well as fibre, which helps in digestion and can help prevent constipation. Even dairy products can be consumed but with low fat – yogurt, skim or 1% milk, soymilk (for calcium, potassium vitamins A and D).

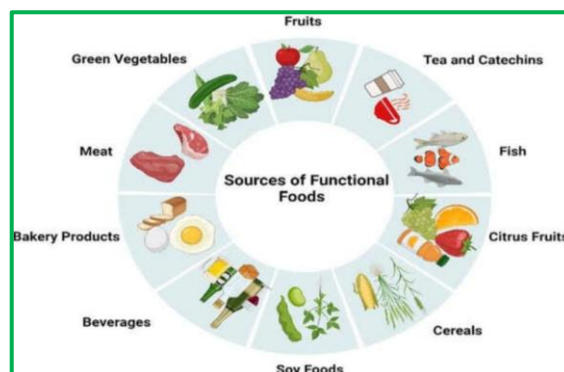
Some important functional foods for healthy lifestyle

In recent years, functional food had gained the most popularity. Functional foods are a type of foods which has high values nutrition which improves the potential health. Even and the functional food ingredients extend the level of nutrients which improves metabolism activity.

There are number of healthy foods which improve human health including eggs, milk, apples, bananas, blueberries, grape, legumes ,whole grain ,fish mostly e.g. Salmon, Sardines, shellfish ,shrimp , tuna have some bioactive compounds that helps to cure some chronic disease such as cold ,cough as well as to keep body healthy. Animal obtain food sources present vitamin -D which helps to boost synthesis of bones.

In vegetables- Asparagus, bell pepper, broccoli, carrots, cauliflower, garlic, onion also presence bioactive compound which helps to keep our body healthy.

Some of modified functional foods are:- Fortified dairy products, such as and yogurt, milk up fortified alternatives, such as coconut milk, cashew milk, almond milk, fortified cereal and grains, fortified eggs.



Nutraceutical uses as a food supplements

Nutraceutical products can be considered non-specific biological therapies used to promote general well-being, control symptoms, and prevent malignant processes. Nutraceutical are most often thoughts of as a bio-chemical products taken from food. They have been shown to have a health benefits. They also provide protection against chronic disease. There are some nutraceuticals other than vitamins and minerals that are good for spin and joints problems .Supplemental nutraceuticals work by giving you extra nutrition. Whenever your diet is not able to meet all the nutrients needed by your body, supplemental nutrients may be helpful. Illness, injury, or extra hard work can increase the amount of nutrients your body needs.

Conclusion

Good health and proper function of body requires a good diet. It must contain all the major and micro nutrients. A person who is climbing a mountain will need to energy more than a person sitting at a desk all day. A person who is healing from surgery needs extra nutrition to meet the demands of tissue repair as compare healthy person. In Addition, a person who want to gain weight require more diet plan as compare those who want to loose his/her weight. Thus, in the different stages/ purposes /condition of people require different diet plan as per their physically, mentally, environmentally and health perspectives.

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