



Nutrition and its Importance in Health

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DESCRIPTION

Nutrition is an important part of health. Better nutrition improves infant, child and mother health. A good nutrition leads to stronger immune system, safer pregnancy and childbirth, reduced risk of non-communicable diseases such as diabetes and cardiovascular disease and longer lifespan. Healthy Nutrition leads to healthy food. Nutrients are more productive and can create opportunities to gradually break the cycle of poverty and hunger. All forms of malnutrition leads to a significant threat to human health. Today, the world faces the double burden of malnutrition, including both malnutrition and obesity, especially in low- and middle-income countries.

The major nutrients are carbohydrates, fats, fiber, minerals, proteins, vitamins, and water. Nutrients can be classified into either macronutrients or micronutrients needed in small quantities. Water and fiber are macronutrients but do not provide energy. Vitamins, minerals, fiber, and water do not provide energy, but are required for other reasons. On average, men in all age groups need to consume higher amounts of micronutrients than women. In general, intake increases with age until the age of 20 or 30 years. Some nutrients can be preserved, but others are more or less continuously needed. Poor health can be due to a lack of the nutrients you need, or because some vitamins and minerals need too many nutrients. Essential nutrients cannot be synthesized by the body and must be taken from food.

Carbohydrate and fat molecules are composed of carbon, hydrogen, and oxygen atoms. Carbohydrates range from simple monosaccharaides (glucose, fructose, galactose) to complex polysaccharides are more important in health. Fat is a triglyceride composed of various fatty acid monomers bound to the glycerol skeleton. Some, but not all, fatty acids are essential

for nutrition. It cannot be synthesized in the body. In addition to carbon, oxygen and hydrogen, protein molecules also contain nitrogen atoms. The basic constituents of proteins are nitrogen-containing amino acids, some of which are essential in the sense that humans health. Some amino acids can be converted to glucose (with energy expenditure) and can be used like normal glucose as energy in a process known as gluconeogenesis. By breaking down existing proteins, some glucose can be produced internally. The remaining amino acids are excreted mainly as urinary urea. This happens naturally when atrophy occurs or during periods of starvation.

A healthy diet contains many essential minerals such as calcium, phosphorus, potassium, sulfur, sodium, chlorine and magnesium. In addition, a healthy diet contains trace elements such as iron, cobalt, copper, zinc, manganese, molybdenum, iodine, bromine and selenium. These dietary minerals and trace elements are required for biochemical reactions. Trace mineral deficiencies can occur during calorie restriction or when food choices are limited. Deficiencies in trace minerals have been reported in some older groups, suggesting the effectiveness of trace mineral supplements to protect against a variety of age-related disorders, including cognitive impairment.

The weight of evidence strongly supports the theme of a healthy diet, but variations of that theme are possible. Natural, minimally processed foods, primarily plant diets, are associated with health promotion and disease prevention. Efforts to improve public health through nutrition .The fundamental standards of correct diets for consume less pass extra, consume masses of culmination and vegetables. For extra clarification, a five-phrase modifier helps pass smooth on junk foods. Follow those precepts and you may pass a protracted manner in the direction of stopping the fundamental illnesses of health.

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