NUTRITION: ITS IMPACT IN ONE’S HEALTH

by:
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One’s food preference each day affects one’s health – it matters today, tomorrow and in the future.

Nutrition, nourishment or aliment is the supply of materials – food – required by organisms and cells to stay alive. In science and human medicine, nutrition is the science or practice of consuming and utilizing foods. Nutrition is just one key to developing and maintaining good health. Good health is defined as as state of complete physical, mental and social well-being – a healthy mind, body and spirit.

According to Centers for Disease Control and Prevention; U.S Obesity Trends, good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (i.e heart disease and cancer) and promote your overall health.

Whatever food you eat today will have a striking impact on your health throughout your life. Learning on how to eat balanced diet; can helps you to grow, develop and feel good about yourselves. If one person is physically fit, health oriented and good nutrition advocate can promote a better quality of life, allowing them to partake in more activities and with greater enjoyment. People with high levels of health also consistently report that they enjoy elevated feelings of wellness and well-being.

Good nutrition and healthy diet were linked in order to reduce disease risk by taking steps to eat healthy; you’ll be on your way to getting the nutrients your body needs to stay healthy, active and strong. Your health condition depends on your health nutrition.
References:

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Basic Nutrition 2nd Edition