

Universidad del Sureste



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Nowadays, a large part of the population suffer or will suffers from multiple health problems that could be prevented, heart disease, malnutrition and obesity, there are many diseases that can attack people. Therefore, it is important to mention while reading all the risks of having bad eating habits and being sedentary, in addition to showing all the great benefits that having a better diet and a healthy lifestyle would bring to our lives. All this with statistics that verify the facts and this helps to raise awareness about the importance of good nutrition and physical activity, as well as highlighting the work that the nutritionist has in this work.

Maintaining a healthy diet with correct nutrition has many benefits, and this goes beyond maintaining and controlling weight, but also has an impact on the energy levels we obtain from food. It helps us maintain good heart health, a balanced diet with fruits, vegetables, whole grains and moderate fats reduces the risk of having heart problems, it also improves general well-being, including a varied diet in addition to providing energy can help a lot in concentration and performance for everyday life. Improves the immune system, receiving correct nutrition with vitamins and minerals significantly helps our immune system and helps us fight diseases. It delays the signs of aging, there are foods that favor the treatment and care of the skin, hair and other things that tend to age very easily over time and in addition to all this it can also prolong our time and quality of life. But these health benefits do not only mean for adults, but also children and pregnant women need proper nutrition as this will help their immune systems to be protected and proper organ function. Although nutritional needs vary from person to person depending on factors such as (age, gender, lifestyle, level of physical activity, cultural context, local foods and eating habits). Each of these factors is for a reason because for example with age, a child needs to strengthen his immune system because he is more prone to diseases and needs a good amount of nutrients, vitamins and minerals and on the other hand, in adults it influences . the level of physical activity is very high since someone who exercises or plays a sport needs a greater caloric intake to keep their body functioning correctly. And in addition to the entire context of the place where the person is, in each place there are typical foods or different food customs. Gender also influences because in general men tend to have higher caloric requirements than women and obviously each person has different tastes

and digestion times, so in these cases everything is about the nutritionist's ability to adapt to his patients. And in addition to all this, the patient's comfort due to the foods that the nutrition professional can recommend, at the end of the day it is all about adaptation in the field of nutrition.

Returning to the diseases that we can acquire by maintaining a bad lifestyle and bad eating habits for a long time, we return with anemia. Well, this is a very serious public health problem worldwide that especially affects both young children and pregnant women, who are the most vulnerable sector of the population along with older adults. The WHO estimates that 40% of younger children 5 years old and 37% of pregnant women are the main affected. And the figures are very high since worldwide 1.9 million adults are overweight or obese and 38.9 million children under 5 years of age are overweight, both anemia and overweight, which are diseases that contrast because they are completely different, they are diseases with very high numbers within the population and that puts public health at serious risk. The rates of childhood overweight and obesity are rising and this is worrying. And obviously the reason for so many health problems is our poor eating habits and lack of movement. A very simple example is the sodium consumption, this is really high, because consume more than 5g of salt/day contributes directly to high blood pressure and increases the risk of heart diseases and most people uses to consume 9-12 g/day. The data we have on the population is so alarming that the OMS itself has for some years launched a plan to combat all forms of malnutrition, which also aims to put an end to childhood obesity and maintain control of non-existent diseases. transmissible globally. Even in May 2018, the health assembly approved the 13th work program guided by OMS guidelines, reducing sodium intake and eliminating industrially produced trans fats. But to all this, first of all we must say why nutrition is so important, it is very simple, our body needs energy and nutrients to perform its primary functions properly, and by giving better foods to our body, we give it energy that is makes better use of it and nourishes us with vitamins and minerals. Nowadays, a large part of the population runs or suffers from multiple health problems that could be prevented, heart disease, malnutrition and obesity, there are many diseases that can attack people. Therefore, it is important to mention while reading all the risks of having bad eating habits and being sedentary, in addition to showing all the great benefits that having a better diet and a healthy lifestyle would bring to our lives.

It is incredible how small differences in our habits and lifestyle can have great consequences for our health and longevity, it can provide us with more energy and a feeling of well-being, the body really adapts to the environment and circumstances that we provide it with but that is not reason not to take care of it, each of us has different needs and meeting them in a healthier way will have its reward in the long run. Adopting a better diet and the habit of exercising regularly should be something that everyone does more regularly to have a better quality of life.

Linkografia.

World Health Organization: WHO. (2019). Nutrition. [www.who.int. https://www.who.int/health-topics/nutrition#tab=tab_1](https://www.who.int/health-topics/nutrition#tab=tab_1)

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