

Universidad del Sureste



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Importance of Nutrition

Nutrition

is a critical part of health and development

Beneficts

improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity

Anaemia

is a serious global public health problem that particularly affects young children and pregnant women

40% of children less than 5 years of age and 37% of pregnant women worldwide are anaemic

Requeriimets for a good nutrition

consume enough macronutrients (proteins, carbs, fats, and water) and micronutrients (vitamins and minerals).

processed, sweet, fatty, and salted foods drain the body and cannot function properly

Diseases

Overweight

Diabetes, cardiovascular deseases

Underweight

Anaemia, undernutrition

Link-ografia

https://www.who.int/health-topics/nutrition#tab=tab_1

<https://www.starhealth.in/blog/importance-of-nutrition>