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The importance in nutrition in the human being It is extremely important that people are informed so that they can carry good nutritional information, in which they can know that it helps them to improve the body and have the essential nutrients. Because as we know most people are not so informed about the subject or do not take the trouble to inform themselves about food and how they go hand in hand with health. However, reading this essay could serve a little of the problems presented by some countries, people, percentages and how they could improve their diet to prevent diseases. The goal of both eating healthy and informing yourself can change habits in your daily life, even that you report and talk about it with other people also serves to also inform them, taking a talk about eating habits and taking them also helps, Helping each other allows us to make very good changes, little by little you can see an improvement at the level as a society or group of people, since an environment is generated to help each other for the improvement of their diet and health of the community. With small changes a big change is generated, since with that you start improving something you can improve a lot for the future of your health and diet. A good diet could lead to healthy health, this would also help you to leave some medications, since with plants or some foods can make some diseases curable, this would help you stop taking some medications that are composed of chemicals that in the long term can generate consequences. Food is the basis of everything since you can modify it and do it your way, also to what suits your pocket. In many cases it can be bad and has as consequences bad habits or diseases that can give you based on them. When we talk about a poor diet, a person with obesity, junk food comes to mind, what sometimes happens is that there is also malnutrition and other diseases in which they must be informed so that they can avoid them with the help of a good and healthy diet. Here we will help you understand several concepts so you can understand the issue of your health, food and how you could improve a change in it.

Nutrition is said to be a process that the body does to absorb all the nutrients that are in the food we consume day by day. As we know, nutrition is often based on a poor diet either that they do not eat enough or sometimes they eat more than our body needs. Everyone is free to eat what they want and especially what their needs give to eat day by day. There are even factors that affect good nutrition in people, either from an economic level to a psychological level. The most reliable way to follow a good diet is to eat everything moderately, this will help us to have vitamins, minerals and have a healthy body, which allows us to do our needs day by day. More than anything, nutrition is a fundamental part of healthy development and health that allows us to live without any physical discomfort or disease. Everything must start from childhood to create a good food environment, since as they grow it is sometimes difficult to adapt to a change. It is now very common for children to eat sweets or foods that do not help them as much in their growth, learning or their immune system, since children are more likely to get sick if they have a bad immune system. Even the mother since she is pregnant can eat healthily to have a healthy pregnancy, since this reduces the risk that the baby can develop some diseases that affect him. We as people must know the main nutrients our body must acquire, are proteins, fats, vitamins, fibers and water, these help us survive and be healthy. These are divided into macronutrients that are proteins, carbohydrates, and water, in macronutrients are vitamins and minerals. It is said that children learn better if they have adequate nutrition, are more productive and above all generates changes with the percentages of poor nutrition and poverty. Good nutrition increases our immune system, makes pregnancies safe and does not create a chronic disease that damages our health. When you do not eat foods that help you improve your diet you can create malnutrition, since now there may be very thin malnourished people or malnourished people with obesity. If you want to improve your well-being, we suggest you eat a balanced diet that includes healthy foods, this will help you maintain good health, provides you with energy, increases your concentration and sleeps better. People with heart problems can help themselves with a good diet and exercise prevents 80% of heart disease. Many people come to have many medical complications when we talk about cholesterol and high blood pressure, what is due is that they have a diet high in salt and saturated fats, what would help them is a balanced diet full of fruits, Vegetables, whole grains and low-fat dairy products, this will help them feel better and start a dietary change that will bring improvement to people's health. Many times, the fact that we do not buy fresh food can harm us, fresh food helps us produce the necessary energy we need, disease prevention and well-being in our body. Proteins help us repair damaged cells and create new tissues.

Carbohydrates give us energy; it is said that 65% of energy comes from them. Fats, help us produce energy, is essential for the skin and regulates blood pressure. Vitamins serve us for cellular functioning and growth. Finally, the minerals are calcium, phosphorus, magnesium, sodium, and chlorides, some of them help us to function bones, the production of digestive juices or are components of cell membranes. When we talk about the energy of the body this helps us to do all kinds of activities, what should be avoided are several types of sugars, eliminate excess fats or sweets. What helps us are carbohydrates, fruits, vegetables. As a fact, breakfast gives you energy to keep you with a lot of energy and you can perform your activities correctly. It is important to read about food issues worldwide, as it would help us to inform ourselves what is happening or what some diseases that pass through the world are due. There are many recipe magazines in which they could be useful for every member of the family.

Thanks to the advances in nutrition and food help us to improve it little by little, to change it and improve them. This will help us not to have consequences later for a bad eating habit. Remember that starting small is a big change. Informing us about major dietary changes leads us to change them, even to use them as natural medicines. I learned that with food you can do wonders to help you and your metabolism. Even, I understood that since pregnancy you can change so that there are healthy consequences with the baby, for the nutrients they absorb, it is never too late to start eating well and start exercising, even if it is 30 minutes a day. Eating snacks is not bad, but the amount of them, learning to distribute your food and when eating them helps you for the improvement of your body, which will later thank you, either in the metabolism or in your skin. As a person I would like to start improving my diet and help people to do it too, since helping can make a change to the world or the community. Since I am employing the person to learn something new about food and perhaps this can tell other people. Also reading articles or informative magazines are very helpful to know what foods can help us and what not. Nutrition is wonderful because it allows our body to have energy and how it helps us to do our daily activities. Thanks to this trial I can use a nutritional improvement in my life and my family or friends.

### Linkografía

- [https://www.who.int/health-topics/nutrition#tab=tab\\_1](https://www.who.int/health-topics/nutrition#tab=tab_1)
- <https://www.starhealth.in/blog/importance-of-nutrition>