

UNIVERSIDAD DEL SURESTE
LICENCIATURA EN NUTRICIÓN

DOCENTE

ING. EDUARDO ENRIQUE ARREOLA JIMENEZ

ESTUDIANTE

MAURICIO FIDEL ARREVILLAGA HERNÁNDEZ

MATERIA

INGLÉS

1er CUATRIMESTRE

TRABAJO

ENSAYO "IMPORTANCE OF NUTRITION"

21/09/2023

Due to the serious health problems that an inadequate or deficient diet entails, it is vital to give the respective importance that nutrition deserves. Nutrition is a fundamental part of good health and correct development in children and adolescents, it is also related to much stronger and developed immune systems which benefits women during pregnancy and having safer births due to the correct eating habits before and during pregnancy. Having a good diet also reduces the risk of suffering from chronic diseases. such as diabetes, cardiovascular diseases, anemia, obesity, etc. It is important to emphasize that the disease enters through the mouth, but health will also depend on the eating habits that we decide to have in our daily lives. Studies have been done where it has been proven that people with good nutrition are more productive, They learn better, are smarter and have more energy. To have ideal nutrition, have good development and for the body to function and stay healthy, it is necessary to consume sufficient macronutrients (proteins, carbohydrates and fats) and micronutrients (vitamins and minerals).

Unfortunately, the majority of the world's population does not consume foods that provide them with the nutrients they need to have a good health condition. The majority of the population opts for fast, processed food and refined sugars, and it is normally a habit and is consumed by everyone. days and millions of people worldwide have diabetes and many of them are minors, even under 5 years of age, worldwide 1.9 million adults are overweight or obese and at least 38 million under 5 years of age have the same problem, which triggers a series of high-risk diseases if the problem is not corrected in time. Even these serious health problems can be avoided based on a correct, sufficient and healthy diet, which is why correct nutrition is important. to be able to have good nutrition, which leads us to be healthy people with the minimum risk of developing diseases that could put our lives at risk, avoiding complicating the lives of our loved ones, who also end up being affected.

That is why we aim to share this information and publicize the benefits, but above all the risks of having an incorrect diet, to achieve a positive change in people's eating habits and promote a healthier lifestyle and that they can have a higher quality of life.

People usually think that you only eat healthy to look better and more attractive, but it goes beyond aesthetic and superficial purposes, by providing our body with macronutrients and micronutrients in the right amount and ideal for each person according to their requirements, it will give us a higher quality of life, it can even lengthen it and reach an advanced age with an excellent health condition, A good diet we it will allow us to maintain an adequate and healthy weight according to our characteristics whether age, height, sex, etc. Considerably reducing the risk of diabetes, whose disease is the reason for millions of deaths worldwide, all caused by an inadequate diet that led throughout their lives, having an ideal weight also reduces the risk of cardiovascular diseases since a healthy diet in the short and long term helps us maintain good heart health, preventing people from having high blood pressure, hypertension and heart attacks.

Healthy eating is the best medicine and accompanied by a change of bad habits and an increase in physical activity, heart disease can be avoided up to 80%. In addition, it has been proven that a healthy and balanced diet that covers all food groups of the plate of good eating with its appropriate portions reduces or even eliminates depression, improves performance in the day to day and strengthens the immunological system. A mistaken belief of people is that the ideal consumption of protein only benefits those who practice sports and want to increase their muscle mass, but in reality it is that the immune system is also strengthened based on a good consumption of protein daily and this is only achieved with a good diet. Protein is made of amino acids, and these amino acids are necessary for our body to it works properly, however, most people consume foods poor in these nutrients which leads to malnutrition, triggering health problems, becoming more and more complicated with the passage of time.

It is known that these health problems due to poor diet that are gradually complicated by continuing with the same bad eating habits can affect a lot in life, they can even lead to death, but it is important to emphasize that 90% can be avoided if you take a healthy diet and therefore nutrition is important, It will help us to have a good physique, decreasing depression, being healthy and having a full life.

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

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