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Foods nutrition and healt

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"FOODS, NUTRITION AND HEALTH"

FOOD IS ESSENTIAL TO PROVIDE THE NUTRIENTS THE BODY NEEDS; NUTRITION REFERS TO THE PROCESS OF HOW THOSE NUTRIENTS ARE USED BY THE BODY; AND HEALTH IS THE GENERAL STATE OF WELL-BEING THAT RESULTS FROM GOOD NUTRITION, ALONG WITH OTHER PHYSICAL AND EMOTIONAL FACTORS.

DEFINITIONS

1. BASES FOR HAVING A NUTRITIOUS DIET

A nutritious diet is key to maintaining good health and well-being. By following these important bases on a nutritious diet, you will be taking care of your physical and mental health.

GOOD NUTRITION STARTS WITH:

- Food Variety
- Healthy Proteins
- Healthy Fats
- Limit Added Sugars and Salt
- Hydration
- Take nutritional care
- Avoid malnutrition
- Take proper nutrition

Example of nutritious food:

- Assorted salad: Lettuce, spinach, tomato, cucumber, grated carrot and avocado. Dress with olive oil and lemon.
- Protein: Grilled chicken breast or marinated tofu.
- Quinoa or brown rice: As a garnish.

2. FUNCTIONS OF FOOD

Food not only feeds us; It also plays a crucial role in our physical and mental health. It provides energy, helps build and repair tissues, regulates bodily functions, prevents diseases and gives us pleasure.

HOW DO THEY HELP US?

- Power Supply
- Construction and Repair of Fabrics
- Regulation of Body Processes
- Maintenance of Hyd roelectrolyte
- Balance Disease Prevention
- Sensory Satisfaction and Pleasure

Importance of food

Food is of fundamental importance in our lives for several reasons. First of all, it is our main source of energy and nutrients, essential for the functioning of our body.

3. FUNCTIONS OF NUTRIENTS

Nutrients in food have specific functions that are essential for maintaining health and optimal functioning of the body. Each type of nutrient contributes to different aspects of physical and mental well-being.

MAIN NUTRIENTS TO USE:

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals
- Water

EXAMPLE OF FOOD WITH NUTRIENTS:

Bowl of quinoa with grilled chicken and vegetables.

This combination is not only delicious, but it is also full of nutrients that benefit our health.

4. FOOD COMPOSITION

Foods are made up of macronutrients (carbohydrates, proteins and fats), micronutrients (vitamins and minerals), water and fiber. Each of these components plays a crucial role in our overall health.

A GOOD FOOD COMPOSITION IS CARRIED OUT BY:

- Macronutrients
- Micronutrients
- Water
- Fiber

IMPORTANCE OF FOOD COMPONENTS:

A good diet should include macronutrients, micronutrients, water and fiber because each of these components plays a crucial role in our health and daily functioning since a balanced diet that includes all these components is vital to maintain our physical and mental health, optimize our daily performance and prevent illness.



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