



## **RESEARCH**

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## INTRODUCTION

In this research we will see what nutrition is, its branches, its definition, concept and its current importance, both in how it benefits us and what harms us if we do not have a good diet which leads us to have good nutrition in our body.

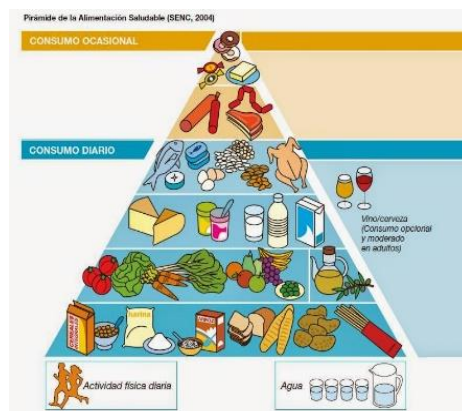
### WHAT IS NUTRITION?

Nutrition refers to the nutrients that make up food, it involves the processes that happen in your body after eating, that is, the obtainment, assimilation and digestion of nutrients by the body.

While food is the choice, preparation and consumption of food, which has a lot to do with the environment, traditions, economy and the place where you live.

Healthy eating meets the nutritional needs that the body needs to maintain good health. In addition, eating healthy protects you from diseases such as obesity, blood sugar, and high blood pressure.

On the contrary, an "unhealthy" food provides little nutritional value and has many calories because they are usually rich in fats and





## BRANCH, SCIENCE OR DISCIPLINE?

Nutrition is the science that encompasses all those processes by which the body incorporates, transforms and uses the nutrients contained in food.

Our body needs nutrients to carry out different functions:

- Cover energy needs.
- Forming and maintaining body structures.
- Regulate metabolic processes.
- Prevent nutrition-related diseases.



## DEFINITION OF NUTRITION

The World Health Organization (WHO) defines nutrition as "the intake of food in relation to the dietary needs of the body".

According to this definition, the dietary or nutritional needs of each body have to do with the amounts of energy and essential nutrients that each person requires to keep their body healthy and be able to develop its functions.



## CONCEPT OF NUTRICIÓN

Because of the ubiquity of carbon in the compounds that this branch of chemistry studies, this discipline is also called carbon chemistry

Organic chemistry (also called carbon chemistry) is the study of organic substances and compounds, which means that they have the elements carbon as a combinatorial basis of their atomic structure , hydrogen and some others.

## RELATIONSHIP WITH OTHER BRANCHES OR DISCIPLINES

Its branches are:

### **Sports nutrition:**

Sports nutrition is specialized in the development of diets for athletes. Thanks to this discipline, athletes know what, when and why to drink or eat certain foods before, during and/or after training or a competition.

Although it is true that during the day to day they are based on the basic criterion of a balanced diet, sports nutritionists guide athletes to face the load of training, to enhance their performance and/or to a rapid recovery through food.

### **Child or pediatric nutrition:**

Through child nutrition, food education is promoted from an early age, being able to grow up in a healthy way. For example, child nutrition should be applied when designing menus in school canteens.

Likewise, pediatric nutrition specializes in the design of dietary guidelines for babies or children with a pathology, advising mothers and fathers in the process.

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**Perinatal nutrition:**

This branch of nutrition focuses on the care of pregnant women **through food**, specifically from week 28 to the first 7 days postpartum. With this, the good development of the baby is promoted while increasing the quality of life of the mother.

**Geriatric nutrition:**

Geriatric nutrition specialises in the design of specific diets for the elderly. Due to old age, the body and abilities of older people lose functionality. Therefore, through a specific diet, different diseases, including hypertension, can be prevented or the effects of chronic diseases can be slowed down.

**Clinical Nutrition:**

As its name suggests, clinical nutrition is used to develop diets adapted to hospitalized people. Clinical nutritionists collaborate with doctors and nurses to design meal plans based on each patient's income, physical and psychological state.

**Oncology nutrition:**

This type of nutrition focuses on the design of diets adapted to cancer patients and that they must follow before, during **and** after treatment. This is intended to improve their quality of life by increasing their energy, strengthening the immune system, maintaining body weight, avoiding relapses and counteracting possible nutritional deficiencies.

**Renal nutrition:**

Renal nutrition specialises in the design of diets adapted to people who suffer from a pathology that affects their kidneys. Eating plans focused on this pathological profile restrict the intake of some types of salts, fats, meats and other foods that can further hinder kidney functions.

**Bromatology:**

Bromatology studies the properties of food, i.e. nutrients, smell, taste, textures and other physicochemical characteristics. Thanks to this discipline we can know which foods are suitable for human consumption and how to preserve them so that they do not lose their properties.



### **Dietetics:**

Although it is often confused with nutrition, dietetics is the discipline in charge of defining the dietary guidelines to enjoy a good state of health in general. Therefore, dietetics relates food **and** health to achieve a balance between the two and prevent diseases such as obesity.

### **Diet therapy:**

Finally, diet therapy **combines** food to prevent diseases or keep the symptoms of some pathologies under control in the long term, such as intestinal problems. It also slows down the evolution of a disease and its consequences, such as hypothyroidism or cholesterol.



## **CURRENT IMPORTANCE OF NUTRITION IN MEXICO**

despite the fact that Mexico is a very vast territory with the right conditions to obtain multiple food resources, the problems of obesity and malnutrition existing in the country are of great importance due to their high incidence in the population.

Nutrition in Mexico is not a problem of food, but of education.

Ranking first in childhood obesity and second in adult obesity worldwide, it is of utmost importance that we realize that having the resources to feed ourselves is only half the way, while learning to feed ourselves is the other part of this arduous task.

diseases caused by poor diet are very varied; all reduce the country's productivity and people's quality of life. Among these diseases we can mention the following:



- Anemia, caused by low iron intake and low levels of red blood cells. The child experiences lack of muscle strength, sluggishness, lack of appetite, scaly and pale skin.
  - Obesity. Malnutrition also encompasses this side of the coin in which the child receives ultra-processed and spicy foods, excess sugar, which generate overweight and obesity. Obesity is the prelude to type 2 diabetes and other diseases such as high cholesterol.
  - Gastritis. Because of spicy foods and the lack of an age-appropriate eating routine.
  - Dental diseases. Excess sugar causes serious damage to children's teeth that leads to greater damage in adulthood.
  - Cardiovascular diseases. Obesity can cause damage as severe as cardiac arrest or vascular failure in children.
- Diseases caused by poor diet also include gastrointestinal and liver diseases, tuberculosis, immune depression and susceptibility to cancer, among others



## CONCLUSION

It is a very interesting research which is very important to know how we are doing both in nutrition in our country and how it benefits us to eat well and do physical activity, it is very broad what needs to be learned from this area of health, although it does not seem like it or we do not take it into account, the nutrition career is very important to teach us a healthy lifestyle routine and prevent diseases in the short or short term. long term.

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