



KEY CONSTITUENTS OF HEALTHY DIET FOR GROWTH, VIGOR AND STRENGTH

Dr. Anjana Lohan*

*Associate Professor,
Head, Deptt. of Physical Education, S.D. Mahila Mahavidyalaya,
Narwana, Jind, Haryana, INDIA

ABSTRACT

Having a balanced diet may help you live longer and feel better. Fluid, macronutrients, micronutrients, and sufficient dietary energy are all part of a balanced diet. Fruits, vegetables, and whole grains make up the bulk of a healthy diet, with little to no processed food or sugary drinks in the mix. Vegans must get their vitamin B12 from a non-plant source, although the dietary needs for a balanced diet may be fulfilled with both plant-based and animal-based foods. Medical and governmental organisations offer a wide range of nutrition guidelines to help educate the public about good eating habits. Some nations have made the use of nutrition information labels obligatory so that customers may compare the nutritional value of various items before making a purchase.

KEYWORDS: *Human Growth, Vigor, Stamina, Healthy Diet*

INTRODUCTION

Health and environmental sustainability are emphasised, as well as a flexible approach, in the recommendations. The committee that drafted it came up with the following recommendation: "In terms of sustainable diets, the major findings were that a diet rich in plant-based foods like vegetables and fruits and low in calories and animal-based foods promotes better health while having a smaller negative impact on the environment. Various dietary patterns may help you accomplish this eating pattern, including the "Healthy U.S.-style Pattern", the "Healthy Vegetarian Pattern," and the "Healthy Mediterranean-style Pattern." "'s a good place to start. Unless otherwise indicated, food group quantities are given per day.

It's important to incorporate a range of nutritious meals in your weight-management eating plan. Imagine eating a rainbow by putting different coloured foods on your plate. Vitamins, fibre, and minerals abound in dark leafy greens, oranges, tomatoes, and even fresh herbs. Frozen peppers, broccoli, and onions add colour and nutrition to stews and omelettes quickly and conveniently.

Following are five suggestions made by the World Health Organization (WHO) for both groups and individuals:

- Eating as many calories as your body expends can help you maintain a healthy weight.
- Consume less calories from fat. Fats should account for no more than 30% of total calories. Choose unsaturated fats over saturated fats when it comes to cooking. Trans fats should be avoided at all costs.
- Consume 400 grammes of fruit and vegetable each day at the very minimum (potatoes, sweet potatoes, cassava and other starchy roots do not count). Legumes (such as lentils and beans), whole grains, and nuts are all important components of a balanced diet.
- Consume no more than 10% of your daily calories from simple sugars (below 5 percent of calories or 25 grammes may be even better).
- Make sure salt is iodized and limit your intake of salt / sodium from all sources. The risk of cardiovascular disease may be reduced by as much as 50 percent by consuming no more than 5 grammes of salt each day.

According to the World Health Organization, 2.8% of fatalities occur because people do not consume enough vegetables and fruit. In addition, the WHO recommends making sure that the foods chosen have enough vitamins and minerals; avoiding substances that are directly poisonous (such as heavy metals) or carcinogenic (such as benzene); and avoiding foods that are contaminated with human pathogens (such as E. coli or tapeworm eggs).

TABLE 1 : HEALTHY KEY PATTERNS

Food group/subgroup (units)	Vegetarian	U.S. style	Med-style
Fruits (cup eq)	2	2	2.5
Vegetables (cup eq)	2.5	2.5	2.5
Dark green	1.5/wk	1.5/wk	1.5/wk
Red/orange	5.5/wk	5.5/wk	5.5/wk
Starchy	5/wk	5/wk	5/wk
Legumes	3/wk	1.5/wk	1.5/wk
Others	4/wk	4/wk	4/wk
Grains (oz eq)	6.5	6	6
Whole	3.5	3	3
Refined	3	3	3
Dairy (cup eq)	3	3	2
Protein Foods (oz eq)	3.5	5.5	6.5
Meat (red and processed)	–	12.5/wk	12.5/wk
Poultry	–	10.5/wk	10.5/wk
Seafood	–	8/wk	15/wk
Eggs	3/wk	3/wk	3/wk
Nuts/seeds	7/wk	4/wk	4/wk
Processed Soy (including tofu)	8/wk	0.5/wk	0.5/wk
Oils (grams)	27	27	27
Solid fats limit (grams)	21	18	17
Added sugars limit (grams)	36	30	29



Figure 1 : Calories in Food

Cancer Research Institute (US) / American Heart Association / United Nations Population Fund (UNFPA)

A diet high in unprocessed plant foods is recommended by the American Heart Association, the World Cancer Research Fund, and the American Institute for Cancer Research. These organisations place a focus on whole grains, legumes, and non-starchy vegetables and fruits. Non-starchy vegetables and fruits offer a variety of hues including red, green, yellow, white, purple, and orange as part of this nutritious diet. In addition to tomato and oil, other cancer-fighting foods include allium vegetables like garlic and cruciferous veggies like cauliflower. Due to its low energy density, this nutritious diet may help prevent weight gain and the illnesses that go along with it. Finally, cutting down on sugary beverages and high-energy meals like "fast food" and red meat, as well as avoiding processed meats, may help you live a healthier and longer life. A balanced diet, according to medical professionals and experts, reduces the chance of developing chronic diseases and cancer.

Children should eat no more than 25 grammes of added sugar per day (around 100 calories). Other suggestions include limiting the consumption of soft drinks to one per week and avoiding added sugars for children under the age of two. Increasing intake of monounsaturated and polyunsaturated fats while reducing consumption of saturated fats is the suggested strategy to reduce the risk of cardiovascular disease as of 2017.

Public Health Program at Harvard University

Whole grains, vegetables, fruits, and legumes are all excellent sources of carbohydrate; the less processed, the better. Steer clear of highly processed foods like white bread, sugar-sweetened drinks, and other white flour-based products.

Fish, poultry, nuts, and beans are all excellent sources of protein. Steer clear of red meat if at all possible. Consume foods rich in omega-3 fatty acids. The healthiest options are nuts, seeds, and seafood. Reduce your intake of saturated fats and steer clear of anything that contains trans fats. Consider include whole grains, veggies, and fruits in your daily diet if you want to increase your intake of fibre. Increase your intake of fruits and vegetables, especially those that are colourful and diverse. Make sure you're getting enough calcium in your diet; but, milk isn't the best or only way to do this. Collards, bok choy, fortified soy milk, baked beans, and calcium and vitamin D supplements are excellent sources of calcium.

Drinking water is preferred to other types of liquids. Sugary beverages should be avoided, as should juices and milk, which should be kept to a minimum. Coffee, tea, artificially sweetened beverages, 100 percent fruit juices, low-fat milk, and alcohol may all be part of a healthy diet if taken in moderation, but they should not be consumed exclusively. Sports

drinks should only be used by individuals who exercise for an extended period of time to replenish the nutrients lost via perspiration.

- Reduce your consumption of salt. Instead of processed meals, eat more fresh ones.
- Use common sense when it comes to alcohol use. While this offers health advantages, it's not something everyone should do.
- In addition to good diet, the manual advises getting enough of exercise and keeping a healthy weight.

Others' Perspectives and Viewpoints

According to David L. Katz, who examined the most popular diets in 2014, the overwhelming body of data supports a healthy eating theme while also allowing for a variety of variants on that subject. Minimally processed plant-based meals are strongly linked to better health and a reduced risk of illness. This diet aligns with the most important aspects of a number of different, but related, dietary approaches. There is no lack of information regarding the optimum feeding of Homo sapiens, but efforts to enhance public health via nutrition are thwarted by distractions associated with inflated claims and our inability to translate what we reliably know into what we regularly practise. In this instance, knowledge does not yet equal power; nevertheless, it would be nice if it did.

Eating less, moving more, and eating a lot of fruits and vegetables are the three cornerstones of a healthy diet. A five-word modifier clarifies things further: limit your intake of processed foods. Prevent major illnesses of our overfed society by following these guidelines: coronary heart disease, some cancers, diabetes, strokes, and osteoporosis among others. There are forty-one "key recommendations" in the 2005 Dietary Guidelines, for example, which appear to be much more complex dietary guidelines from various health organisations and national and international governments. Despite the impression that nutritional advice is always evolving, my four principles have remained unchanged for half a century. They also offer plenty of space for indulging in culinary delights.

In the past, a healthy diet was seen as one that included at least 55 percent carbs, 30 percent fat, and 15 percent protein. This definition has changed throughout time. The current trend is to consider dietary needs as a global need for a variety of nutrients with complex interactions rather than as individual requirements for each nutrient type.

Many specialised diets have been created to promote improved health in certain populations, such as individuals with high blood pressure (such as low sodium diets or the more specific DASH diet), or those who are overweight or obese, in addition to basic dietary guidelines. These diets include: (weight control diets). Some of them may also have positive benefits in healthy individuals, although the evidence for such effects varies. [required citation]

Hypertension

People with high blood pressure benefit from a low-sodium diet. The long-term (greater than four weeks) reduced sodium diet has been shown to decrease blood pressure in individuals with hypertension (high blood pressure) as well as in those with normal blood pressure, according to a Cochrane review published in 2008.

In order to manage high blood pressure, the DASH diet (Dietary Approaches to Stop Hypertension) is recommended by the National Heart, Lung, and Blood Institute (a division of the NIH, a US government agency). In addition to restricting salt intake, the diet emphasises the eating of nuts, whole grains, fish, poultry, and fruits and vegetables while reducing the consumption of red meats, sweets, and sugary drinks. Potassium, magnesium, and calcium are all present in high concentrations in this food.

The Mediterranean diet has also been proven to enhance cardiovascular outcomes by reducing red meat intake and cooking with extra virgin olive oil.

Obesity

Dieting and physical activity work for most individuals who are fat or overweight. Low-carbohydrate, low-calorie, and extremely low-calorie diets are the four basic types of weight-loss plans. No difference was observed between the most common diets (low calorie, low carb, and low fat), with weight reduction ranging from 2 to 4 kg in all studies. After two years, regardless of whether reductions in fat or carbohydrate intake were highlighted, all diets in the trials that decreased calories resulted in similar weight loss.

Disorders linked to consuming gluten

Those with gluten-related disorders, such as celiac disease, non-celiac gluten sensitivity, gluten ataxia, dermatitis herpetiformis and wheat allergy, have health problems due to the presence of gluten, a protein mixture found in wheat and related grains including barley, rye, oat and all their species and hybrids. The gluten-free diet is the sole option for these individuals.

Epilepsy

Here's some more material about the ketogenic diet:

When administered by a medical team, the ketogenic diet may help decrease epileptic seizures in both adults and children.

Research

An increase in fruit and vegetable consumption may reduce the risk of cardiovascular disease and mortality, but not cancer, according to preliminary study. Most people's risk of obesity may be reduced by following a balanced diet and engaging in regular physical activity. The results of a 2021 scientific assessment of the data on atherosclerosis diets showed:

Reduced atherosclerosis risk is associated with a lower diet of salt and animal-based foods, as well as a higher intake of plant-based foods such as whole grains, fruits, vegetables, legumes, and nuts. Olive oil and other unsaturated-fat-rich oils may be used in lieu of butter and other animal/tropical fats, which are high in saturated fat. [...] Processed and red meat, both of which have been linked to an elevated risk of cardiovascular disease (CVD), have been shown to be distinct from poultry in terms of their connection to CVD when consumed in moderation. [...] According to new research, whole grain and low-GI cereals should be substituted for most high-glycemic-index (GI) meals.

Obesity, hypertension, high cholesterol, diabetes, abnormal blood lipids, and heart disease are all linked to poor nutrition. It's also a significant risk factor for cancer. The World Health Organization estimates that in the twenty-first century, a diet deficient in fruits and vegetables would be responsible for 2.7 million deaths annually. Such diets are estimated to be responsible for 19% of all gastrointestinal cancers, 31% of all ischemic heart disease, and 11% of all strokes globally, making them the 4th greatest cause of avoidable death and the top risk factor for all other diseases in the human population. The Western pattern diet, for example, is "rich in red meat, dairy products, processed and artificially sweetened foods and salt, with minimal intake of fruits, vegetables, fish, legumes and whole grains," in contrast to the Mediterranean diet, which is associated with lower mortality and morbidity rates.

Some diets that are widely publicised, or fad diets, make exaggerated claims about quick weight loss or other health benefits like longer life or detoxification without clinical evidence; many fad diets are based on extremely restrictive or unusual food selections, which is often referred to as fad diets. A lot of these diets have celebrity endorsements (including

celebrity physicians), and the people who create and market them typically make a lot of money.

Nutrition labels and diet recommendations in popular media are perplexing to consumers, even if they know what makes a healthy diet. Even as recently as the mid-1990s, people were concerned about their cholesterol levels. It has now been discovered that while thinking about the possible negative consequences of high cholesterol, it is critical to distinguish between "good" cholesterol (also known as "HDL") and "bad" cholesterol (also known as "LDL").

CONCLUSION

The effects of dietary fat on cholesterol levels vary depending on the kind. Saturated fats tend to boost HDL whereas polyunsaturated fats tend to reduce both LDL and HDL. Saturated fats tend to raise just HDL, while trans fats tend to increase LDL while lowering the good kind of cholesterol. Only animal items like meat, eggs, and dairy contain dietary cholesterol. It's debatable if dietary cholesterol affects blood cholesterol levels. The intake of cholesterol and the amount of blood cholesterol have been linked in some research, according to the authors. According to other research, there's no connection between dietary cholesterol and cholesterol levels in the blood. While vending machines have been criticised for providing access points into schools for junk food marketers, there is no oversight, and it is difficult for the general public to evaluate the true benefits of a business that calls itself "healthy." Vending machines, in particular. The UK's Committee on Advertising Practice has proposed limiting media advertising for fat-, salt-, and sugar-rich foods and soft drinks. Children and adults were targeted with government-funded ads from the British Heart Foundation, titled "Food4Thought," in order to prevent harmful food-eating habits. People with bad eating habits may find it challenging from a psychological and cultural standpoint to adopt better eating habits. This may be because of the preferences for sweet, salty, and fatty meals that we developed as children. Sugar and salt should be charged to discourage consumption, according to the UK chief medical officer in 2018. Healthier choices are encouraged by limiting advertising of less nutritious foods and beverages at point of sale under the UK government's 2020 Obesity Strategy. Human-cared-for animals also benefit from a nutritious diet, although their nutritional needs may vary significantly from those of humans.

REFERENCES

1. "Healthy Food Display: Image Details". NCI Visuals Online. National Cancer Institute. 1 January 2001. Archived from the original on 3 October 2021. Retrieved 3 October 2021.
2. Lean, Michael E.J. (2015). "Principles of Human Nutrition". *Medicine*. 43 (2): 61–65. doi:10.1016/j.mpmed.2014.11.009.
3. World Health Organization, Food and Agricultural Organization of the United Nations (2004). *Vitamin and mineral requirements in human nutrition (PDF) (2. ed.)*. Geneva: World Health Organization. ISBN 978-9241546126.
4. Melina, Vesanto; Craig, Winston; Levin, Susan (December 2016). "Position of the Academy of Nutrition and Dietetics: Vegetarian Diets". *Journal of the Academy of Nutrition and Dietetics*. 116 (12): 1970–1980. doi:10.1016/j.jand.2016.09.025. PMID 27886704.
5. "Food information to consumers – legislation". EU. Retrieved 24 November 2017.
6. Jump up to:^a ^b "WHO | Promoting fruit and vegetable consumption around the world" (PDF). WHO.
7. "WHO | Diet". WHO.
8. "Healthy Diet – WHO".

9. "WHO guideline : sugar consumption recommendation". World Health Organization. Retrieved 6 January 2018.
10. Jump up to:^{a b c} "WHO – Unhealthy diet". who.int.
11. Dietary Guidelines Advisory Committee. "Scientific Report of the 2015 Dietary Guidelines Advisory Committee Archived 2018-08-27 at the Wayback Machine." Washington (DC): USDA and US Department of Health and Human Services (2015).
12. Jump up to:^{a b} U.S. Department of Health and Human Services and U.S. Department of Agriculture. (2017). "2015–2020 Dietary Guidelines for Americans - health.gov". health.gov(National guideline). USDA and HHS. Retrieved 30 September 2019.
13. Jensen, MD; Ryan, DH; Apovian, CM; Ard, JD; Comuzzie, AG; Donato, KA; Hu, FB; Hubbard, VS; Jakicic, JM; Kushner, RF; Loria, CM; Millen, BE; Nonas, CA; Pi-Sunyer, FX; Stevens, J; Stevens, VJ; Wadden, TA; Wolfe, BM; Yanovski, SZ; Jordan, HS; Kendall, KA; Lux, LJ; Mentor-Marcel, R; Morgan, LC; Trisolini, MG; Wnek, J; Anderson, JL; Halperin, JL; Albert, NM; Bozkurt, B; Brindis, RG; Curtis, LH; DeMets, D; Hochman, JS; Kovacs, RJ; Ohman, EM; Pressler, SJ; Sellke, FW; Shen, WK; Smith SC, Jr; Tomaselli, GF; American College of Cardiology/American Heart Association Task Force on Practice, Guidelines.; Obesity, Society. (24 June 2014). "2013 AHA/ACC/TOS guideline for the management of overweight and obesity in adults: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society". *Circulation (Professional society guideline)*. 129 (25 Suppl 2): S102-38. doi:10.1161/01.cir.0000437739.71477.ee. PMC 5819889. PMID 24222017.
14. "App. E-3.7: Developing Vegetarian and Mediterranean-style Food Patterns - 2015 Advisory Report - health.gov". health.gov. Retrieved 30 September 2015.
15. Fund, World Cancer Research (1 January 2007). *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective (PDF)*. Washington DC: AICR, 2007. ISBN 978-0-9722522-2-5. Archived from the original (PDF) on 7 May 2016.
16. "American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention" (PDF). Last Revised: 1 November 2012.
17. Jump up to:^{a b} Vos, Miriam B.; Kaar, Jill L.; Welsh, Jean A.; Van Horn, Linda V.; Feig, Daniel I.; Anderson, Cheryl A.M.; Patel, Mahesh J.; Cruz Munos, Jessica; Krebs, Nancy F.; Xanthakos, Stavra A.; Johnson, Rachel K. (22 August 2016). "Added Sugars and Cardiovascular Disease Risk in Children". *Circulation*. 135 (19): e1017–e1034. doi:10.1161/CIR.0000000000000439. PMC 5365373. PMID 27550974.