

Food is any substance consumed health essay

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Historically, people secured food through two methods: hunting and gathering, and agriculture. Today, most of the food energy consumed by the world population is supplied by the food industry. Food safety and food security are monitored by agencies like the International Association for Food Protection, World Resources Institute, World Food Programme, Food and Agriculture Organization, and International Food Information Council. They address issues such as sustainability, biological diversity, climate change, nutritional economics, population growth, water supply, and access to food. The right to food is a human right derived from the International Covenant on Economic, Social and Cultural Rights (ICESCR), recognizing the "right to an adequate standard of living, including adequate food", as well as the "fundamental right to be free from hunger". A healthy diet is one that helps maintain or improve general health. It is thought to be important for lowering health risks, such as obesity, heart disease, diabetes, hypertension and cancer. A healthy diet involves consuming primarily fruits, vegetables, and whole grains to satisfy caloric requirements, provide the body with essential nutrients, phytochemicals, and fiber, and provide adequate water intake. A healthy diet supports energy needs and provides for human nutrition without exposure to toxicity or excessive weight gain from consuming excessive amounts. Also a group of people made an organisation called: The World Health Organization (WHO). They made 5 recommendations with respect to both populations and individuals: Eat roughly the same amount of calories that your body is using. A healthy weight is a balance between energy consumed and energy that is 'burnt off'. Increase consumption of plant foods, particularly fruits, vegetables, legumes, whole grains and nuts. Limit intake of fats, namely saturated fats and trans fats and replace with

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healthier unsaturated fats. Limit the intake of granulated sugar. A 2003 report recommends less than 10% simple sugars. Limit salt / sodium consumption from all sources and ensure that salt is iodized. Beside that organisation they also made three more which are listed as the most important once. The American Heart Association, World Cancer Research Fund, and American Institute for Cancer Research recommends a diet that consists mostly of unprocessed plant foods, with emphasis a wide range of whole grains, legumes, and non-starchy vegetables and fruits. This healthy diet is replete with a wide range of various non-starchy vegetables and fruits, that provide different colors including red, green, yellow, white, purple, and orange. They note that tomato cooked with oil, allium vegetables like garlic, and cruciferous vegetables like cauliflower, provide some protection against cancer. This healthy diet is low in energy density, which may protect against weight gain and associated diseases. Finally, limiting consumption of sugary drinks, limiting energy rich foods, including " fast foods" and red meat, and avoiding processed meats improves health and longevity. Overall, researchers and medical policy conclude that this healthy diet can reduce the risk of chronic disease and cancer. Other than nutrition, the guide recommends frequent physical activity (exercise) and maintaining a healthy body weight. In addition to dietary recommendations for the general population, there are many specific diets that have primarily been developed to promote better health in specific population groups, such as people with high blood pressure (as in low sodium diets or the more specific DASH diet), or people who are overweight or obese (in weight control diets). However, some of them may have more or less evidence for beneficial effects in normal people as well. While many foods can be eaten raw, many also

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undergo some form of preparation for reasons of safety, palatability, texture, or flavor. At the simplest level this may involve washing, cutting, trimming, or adding other foods or ingredients, such as spices. It may also involve mixing, heating or cooling, pressure cooking, fermentation, or combination with other food. In a home, most food preparation takes place in a kitchen. Some preparation is done to enhance the taste or aesthetic appeal; other preparation may help to preserve the food; others may be involved in cultural identity. A meal is made up of food which is prepared to be eaten at a specific time and place.

Hypertension

A low sodium diet is beneficial for people with high blood pressure. A Cochrane review published in 2008 concluded that a long term (more than 4 weeks) low sodium diet in Caucasians has a useful effect to reduce blood pressure, both in people with hypertension and in people with normal blood pressure. The DASH diet (Dietary Approaches to Stop Hypertension) is a diet promoted by the National Heart, Lung, and Blood Institute (part of the NIH, a United States government organization) to control hypertension. A major feature of the plan is limiting intake of sodium, and it also generally encourages the consumption of nuts, whole grains, fish, poultry, fruits and vegetables while lowering the consumption of red meats, sweets, and sugar. It is also "rich in potassium, magnesium, and calcium, as well as protein". Evidence shows that the Mediterranean diet improves cardiovascular outcomes.[14]

Obesity

Weight control diets aim to maintain a controlled weight. In most cases dieting is used in combination with physical exercise to lose weight in those who are overweight or obese. Diets to promote weight loss are generally divided into four categories: low-fat, low-carbohydrate, low-calorie, and very low calorie. A meta-analysis of six randomized controlled trials found no difference between the main diet types (low calorie, low carbohydrate, and low fat), with a 2–4 kilogram weight loss in all studies. At two years, all calorie-reduced diet types cause equal weight loss irrespective of the macronutrients emphasized.

Diet and possible reduced disease risk

There may be a relationship between lifestyle including food consumption and potentially lowering the risk of cancer or other chronic diseases. A healthy diet may consist mostly of whole plant foods, with limited consumption of energy-dense foods, red meat, alcoholic drinks and salt while reducing consumption of sugary drinks, and processed meat. A healthy diet may contain non-starchy vegetables and fruits, including those with red, green, yellow, white, purple or orange pigments. Tomato cooked with oil, allium vegetables like garlic, and cruciferous vegetables like cauliflower may contain compounds which are under research for their possible anti-cancer activity. A healthy diet is low in energy density, lowering caloric content, thereby possibly inhibiting weight gain and lowering risk against chronic diseases.

Unhealthy diets

An unhealthy diet is a major risk factor for a number of chronic diseases including: high blood pressure, diabetes, abnormal blood lipids, overweight/obesity, cardiovascular diseases, and cancer. The WHO estimates that 2.7 million deaths are attributable to a diet low in fruit and vegetable every year. Globally it is estimated to cause about 19% of gastrointestinal cancer, 31% of ischaemic heart disease, and 11% of strokes, thus making it one of the leading preventable causes of death worldwide.

Cultural and psychological factors

From a psychological and cultural perspective, a healthier diet may be difficult to achieve for people with poor eating habits. This may be due to tastes acquired in childhood and preferences for sugary, salty and/or fatty foods. <http://www.healthyfood.co.nz/>

Testing part

In order to test my tutorial I will make survey for 7 classmates. I will make 3 designs or tutorials. Then I will post it on youtube and show it to those people. After they watch it they will answer my questions. And below are 5 questions connected to testing of my tutorial: When you first watched my video did you like it? If not, write below what would you change?

Specifications

Design 1