

# [In a healthy person body heat, blood pressure,](https://assignbuster.com/in-a-healthy-person-body-heat-blood-pressure/)

[](https://assignbuster.com/)[Nutrition](https://assignbuster.com/essay-subjects/nutrition/)

In a healthy person body heat, blood pressure, heart beat thespeed, the number of breaths and the depth are in balance.

If the balance ofthe body is not maintained, the health is negative affected. Our bodies haveprotective systems against to diseases. One of the mostimportant thing that supports the protective system of the body is eating anddrinking healthy.

Good nutrition is an indispensable condition of health. Healthy nutritionis balanced nutrition. For the regular and balanced operation of the cells thatmake up our body, we must take in sufficient quantities of nutrients from fats, carbohydrates, proteins, vitamins and minerals.

Healthy nutritionmust be made into a habit from childhood. When people eat anddo sport well, they don’t easily get sick.  Having a regulardiet protects people from illness. When healthy nutrition can be provided, health problems caused by nutritional deficiencies as well as obesity, cardiovascular diseases, diabetes, stroke and cancer can be prevented. The best way toprotect against external or internal factors is to eat properly. For example, there is a relationship between salt consumption and highblood pressure. Those with high blood pressure should reduce the amount of saltthat they should not use, either according to the advice of their doctor.

Saturated oils should be preferred to unsaturated oils during fat intake. Industrial oils should be avoided from consideration of trans fat content. A large amount of body fluids such as blood, stomach fluid, saliva, amnioticfluid and urine contains water. If water balance is provided, metabolism willwork properly. Despite that, inadequateand unbalanced nutrition affects the health.

For example, the obeseperson’s energetic foods are too much, regulatory and constructive restorativenutrients are less than necessary. Also development of children with malnutritionslows down or stops, and in adults the disease strength reduce. For this reasonwe should pay attention to eating regularly and healthy.