

In a healthy person
body heat, blood
pressure,

Nutrition



**ASSIGN
BUSTER**

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

If the balance of the body is not maintained, the health is negatively affected.

Our bodies have protective systems against diseases. One of the most important things that support the protective system of the body is eating and drinking healthy.

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

Healthy nutrition must be made into a habit from childhood. When people eat and do sport well, they don't easily get sick. Having a regular diet 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 to protect against external or internal factors is to eat properly. For example, there is a relationship between salt consumption and high blood pressure. Those with high blood pressure should reduce the amount of salt that 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, amniotic fluid and urine contains water. If water balance is provided,

metabolism will work properly. Despite that, inadequate and unbalanced nutrition affects the health.

For example, the obese person's energetic foods are too much, regulatory and constructive restorative nutrients are less than necessary. Also development of children with malnutrition slows down or stops, and in adults the disease strength reduces. For this reason we should pay attention to eating regularly and healthily.