

# Functional foods

Nutrition



Summary/functional foods " It is the position of the American Dietetic Association (ADA) that functional foods, including whole foods and fortified, enriched, or enhanced foods, have a potentially beneficial effect on health when consumed as part of a varied diet on a regular basis, at effective levels". The term " Functional" according to (ADA) food that has some identified value leading to health benefits, including reduced risk for disease for the person consuming it. Research shows that some of these foods are Fortified margarine, whole oat products, reduces total and LDL cholesterol, cranberry juice, which reduces urinary tract infections, eggs with omega-3 fatty acids that reduce cholesterol and Black tea, can reduce the risk of coronary heart disease. However, food that contain fiber from whole oat products can help in preventing coronary heart disease also low in total fat and saturated fat, may reduce the risk of certain cancers. Tomatoes products rich in lycopene, a carotenoid, whose consumption is associated with reduced cancer rates according to the (ADA). Nevertheless, the focuses on the benefits of foods or food components are very strong. The study of food can have health -promoting properties that go beyond its traditional nutritional value. Dietetics professionals will increasingly be called to develop meals plans and prescribe diets that optimize functional food intake where appropriate. In order for someone to develop good diet plan we need to start with trying to stay in accord with the food pyramid, which is clear evidence of where a person can start to make a change in his or her road to a healthy life style.