

Assessment on Healthy Dietary Habit in Relation to Human's Health

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Abstract

The paper examined the healthy eating habit and dietary habit in relation to human's health. The paper examined the concept of healthy eating habits, simply healthy habit, the concept of dietary habits and factors affecting dietary habit.

Keywords: Dietary, habit, human, health, lifestyle.

1. Introduction

A healthy diet is one that helps maintain or improve general health, with intent of improving or maintain optimal health. This usually involves consuming nutrients by eating the appropriate amounts from all of the food groups and on adequate amount of water.

Dietary habit are the habitual decisions an individual or culture makes when choosing what food to eat, diet often implied the use of specific intake of nutrition for health or weight – management reason. (Wikipedia, 2010).

Diet plays an important role in maintaining health and preventing disease. Decrease in morbidity and mortality associated with lifestyle disease may be achievable if satisfactory nutritional habits are adopted in early life and maintained in the long term. (Turconi et al, 2008).

Life style, by choosing to eat healthy, provide a better chance of a stronger and better life when combined with exercise, a good diet is based on natural, whole or minimally processed foods, fruits and vegetables, healthy individuals are more capable of handling every day stress and pressures because they are fully equipped with the right nourishment to function properly Little and too high nutrients can result to malnourishment. Malnutrition is the most important risk factor for illness and death. (Shashidar, 2011). (3FC, 2010).

2. Healthy Eating Habit and Human's Health

Healthy eating habit involves consuming nutrients by eating the appropriate amounts from all of the food groups and an adequate amount of water. It is important for lowering many chronic health risks, such as obesity, heart disease, diabetes, hypertension and cancer (Wikipedia, 2010).

Humans are very complex beings. Humans need to eat to supply their bodies with nutrients for fuel and energy aid in tissues growth and repair. Mtchalezuk(2011) explained that eating natural foods, improves the probability of living a longer, healthier and happier life. Quality food consumption becomes especially important in the present world of high stress and pollution. Good health is the most important thing in life because it gives freedom. Freedom to pursue dreams and do all the things that poor health will not do. If adult fail to meet their food requirements they lose weight. This may lead to diminished ability to resist infection, to work, and to enjoy the normal satisfaction of life. Hassan and Ahmed (2011).

Unhealthily foods such as fred food and sugary snacks are chosen over healthy food because of their appealing taste and texture, Collins (2011).

Proper food and good nutrition are essential for the survival, physical growth, mental development, good health and general well - being. Ijarotimiand Ijadunola 2007).

A vehicle requires gas, water, brake fluid and other components to function well. Sugar (glucose) vitamins and minerals and other essential chemicals are essential to the body but are not manufacture by the body. These materials must be consumed within our daily diet (Brian-guide, 2011).

Nicholson (2008) explained that students who ate an adequate amount of fruits, vegetables, protein, fibre and other components of a healthy diet were significantly less likely to fail literacy test.

Guptal et al 2010 reviewed that high total fat and saturated fatty acids intake and a low intake of mono unsaturated fatty acids and poly unsaturated showed imbalanced nutrition, which could be responsible for the increasing prevalence of obesity in adolescents. Collins (2011) reviewed that parents have the greatest influence on dietary habit. Parent purchase and prepare a lot of food that are consume at home.

Tesfu (2010) postulated that, a healthy and educated person with good work ethic and experience not only earns a higher income for him/herself in the labour market but may also contribute to the advancement of society.

The brain is quite demanding when it comes to energy intake. That's why people who don't consume enough calories in their diet are more likely to experience changes in their brain functions. Deficiencies or excesses of certain vitamins or minerals may impair brain function. (Brian-guide, 2011).

Risk of being over - weight are; cardiovascular disease (heart and blood circulation) Gall bladder disease, high blood pressure, diabetes, osteoarthritis, certain type of cancer, such as colon and breast cancer. Risks of being under - weight; compromised immune function, respiratory disease, cancer, osteoporosis, increased risk of falls and fractures (<http://www.better health.>)

3. Healthy Eating Habit

The followings are simple health habits as enumerated by Michal 2011.

- a. Ensure balance and adequate nutritional intake: The most important eating habit is about getting the right quantities of all nutrients and minimize the risk of getting too much or too little of any nutrient. Whether too low or too high, of just a single nutrient will eventually lead to health problems and can include severe diseases.
- b. Ensure adequate fibre intake. Adequate fiber intake help prevalent cardiovascular diseases, type 2 diabetes, cancer and gastro intestinal disorders. Fiber is also effective at eliminating toxins, and is the best remedy for consumption.
- c. Variety and moderation in diet is important.
- d. Consume raw foods everyday: most of these raw foods should be vegetables and fruits.
- e. Always properly wash fruits and vegetables before consumption.
- f. Buy organic foods whenever possible.
- g. Eat when hungry and do not over eat regardless of food.
- h. Prolong the nighty fast: Unless very hungry, do not eat 2-3 hours before bed time.

4. Concept of Dietary Habit

Dietary habits are the habitual decisions an individuals or culture makes when choosing what food to eat. It is becoming increasingly, evident that the type of foods individuals are exposed to in early childhood go on to shape their lifelong habits (Tan, 2011).

Bashour (2004) revealed from his work that the evidence from studies of the eating habit of young people raises concern about the implication of their future health.

Pollard, Kirk and Cade (2002) described dietary habits as the way in which individuals in response to social and cultural pressure, select, consume and utilize portions of the available food supply. It involve from learned experience which leads to the development of attitudes towards food. Thus dietary habits become a form of self-expression.

5. Factors Affecting Dietary Habit

Bellisle (2005) explained that several factors have been found to determine the dietary habits of the people, such as income, socio-cultural, such as religion, beliefs, foods preferences, gender discrimination, mass media, especially televised food advertisement play an important role in modifying the dietary habits.

Cooper (2011) stated that studies shows that while repeated exposure to new foods is important to early eating habits, it's also the environment in which the exposure occurs that has an impact.

All people have their likes and dislikes and their belief about food, and many people are conserved in their dietary habits, they tends to like what their mothers cook for them when they were young, the food that are served in festive occasions or those eaten with friends and families away from home during their childhood.(Latham, 1997)

(Ageas, 2011) stated that how much and how often a person eat are frequently affected by socio-economic status, not everybody have the financial resources for extensive food preparation and storage facilities.

Pheasant (2008) explained that the cost of food is major factor affecting some groups of the population more than others. Healthydiet are more expensive than alternative food stuffs.

Low-income groups have a greater tendency to consume unbalance diets. However, access to more money does not automatically equate to a better quality diet, but the range of foods from which one can choose should increase. (Livestrong 2011.)

Some of the largest variations in food choice are due to boundaries laid down by cultures and traditions because they give us values and beliefs in different foods and dietary habits. He postulated that a number of dietary habits and practices are poor from nutritional point of view. (Pollard et al 2002)

Some foods are not always available in certain parts of the country or the world, thus affecting dietary choices. Also in more improvised areas, fewer fresh, unprocessed foods are available geographically limiting the diets of people who reside in those areas. (Djuric 2011)

Topography of an area affects both the types of crops that can be raised which can affects dietary habit of an individual (Hughes, 2011).

Television and magazines have been shown to have influence on teen's choice of foods. Consumers are exposed to a wide range of messages concerning food, many of which can shape youth's eating habit in regard to

mass media, teenage group is a main target group of consumer product which all are luxury goods or malnutrition such as high sugar, high fat, high sodium food, snack in attractive packages, chewing gum etc Varinil (2005).

Dietary habits may be constrained by an individual with diabetes must follow a certain regimen regarding sweets, whereas people with heart problems need to avoid salt. Many individuals express a desire to lose weight or improve their body shape and thus engage in approaches to achieve their ideal body mass index, which affect their dietary habit (Bellisle, 2005).

Peers also influence dietary habits of teens. They set standards for acceptable food habits, teens eating habits may mirror what their friends are eating and the food served at their favorite.

6. Conclusion

The body renews its structures continuously, and each day. It builds a little muscle, bone, skin and blood, replacing old tissues with new ones. The deficiencies of specific nutrients or from diets based on wrong proportion of food can result to malnutrition. Malnutrition refers to all deviations from adequate nutrition including under nutrition and over nutrition resulting from inadequacy of food or excess of food relative to need (Wikipedia, 2010).

The food an individual eats today becomes part of him or her tomorrow. Therefore the best food is the type that supports the growth and maintenance of strong muscles, sound bones, healthy skin, and sufficient blood to cleanse and nourish all parts of the body. Therefore an individual needs food that provides not only energy, but also sufficient nutrients such as enough water, protein, fat and oil, vitamins and minerals.

If foods eaten by an individual provide too little or too much of any nutrient today, it may affect an individual's health gradually. If the foods provide too little or too much of one or more nutrient every day for years, it can result to severe disease during old age, therefore, healthy eating is very important for proper functioning of all body systems.

These vitamins are vitamin B12, folic acid, biotin, while minerals are copper and iron. The absorption of calcium in the body is dependent on the presence of vitamin D, also absorption of iron in the body is enhanced by the presence of vitamin C. (Eva, 1996).

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