The Healthy Diets: Human Health and Current Scenario

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Why we need to eat well!!

It protects you against many chronic non communicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for healthy diet. A healthy diet comprises a combination of different foods.

Eating healthy, balanced diets provide

- plenty of energy to work and enjoy themselves;
- fewer infections and other illnesses and bust-up the immunity.
- Children who eat well usually grow well.
- Women who eat well are likely to produce healthy babies.

That is why it is important to know which combinations of foods make good meals

Stuff We Need

Macronutrients:

that we need in large amounts

- Carbohydrates
- Proteins
- Lipids

Micronutrients:

that we need in small amounts

- Vitamins
- Minerals

…and, of course, Water Diet & Nutrition

Inadequate Medical Infrastructure: India has a shortage of hospitals, particularly in rural areas, and many existing healthcare facilities lack basic equipment and resources. According to the National Health Profile. According to global healthcare security index 2021 India ranked 66 out of 195 countries with an overall Index score of 42.8 and along with a change of -0.8 from 2019. According to Health and health systems ranking of countries worldwide in 2021, by health index score India was ranked 111 out of 167 countries. Heart disease and stroke still the leading causes of death for both U.S. men and women. NIH-funded scientists currently are looking to the power of precision medicine to better understand and manage these disorders. The most common health issues are physical inactivity and food, obesity, tobacco, substance abuse, AIDS, mental health, falling and injury, environmental quality, immunization, and healthcare access. These all-personal health issues require attention to improve the quality of life and keep you free from diseases. The Indian healthcare system is faced with several challenges, including increased healthcare costs, need for nursing and long-term care for senior citizens due to the rise of the nuclear family system, high financial burden on the poor, increasing burden of new diseases, and negligence of public health. Global Health Security Index (2021).

Human Health: Present scenario

Proportional mortality (% of total death, all age group,

Total deaths: 41 million
NCDs are estimated to account for 71% of total deaths.
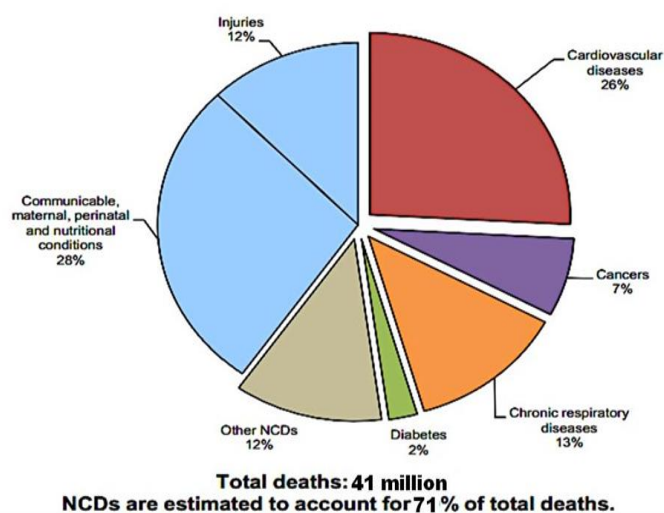
& both sex)

Covid-19 pandemic & Role of Fruits and Veggies

- Eating the right kinds of foods, in the right amount is very crucial for our health. Covid-19 pandemic has changed a lot in the daily lives

of people. During this difficult time, it has essential to maintain healthy life style.

- While no foods or dietary supplements can prevent or cure COVID-19 infection, but healthy diets can keep our immune system strong for fighting the disease.

- Fruits and veggies: we can say they are the best natural supplements for busting our immune system, having no side effects.
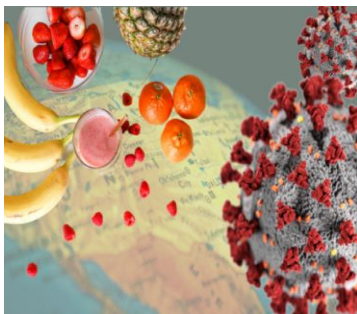
Conclusion

Fruits and vegetables contain important vitamins, minerals, dietary fibre and phytochemicals. There are many varieties of fruit and vegetables available and many ways to prepare, cook and serve them. A diet high in fruit and vegetables can help protect you against cancer, diabetes, obesity and heart disease. Eat five kinds of vegetable and two kinds of fruit every day for good health. When buying and serving fruit and vegetables, aim for variety to get the most nutrients and appeal.

References

Global Health Security Index 2021. Central Bureau of Health Intelligence, Directorate General of Health Services Ministry of Health & Family Welfare 401 & 404-A Wing, Nirman Bhawan, Maulana Azad Road, New Delhi-110108. Website: www.cbhidghs.gov.in

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