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Nutrition- Impacts on Human Health, Lifestyle, and Treatments

Nutrition is the study on how food and drinks being converted into nutrients affect our overall health. Nutrition involves the 2 categories of macro and micronutrients such as proteins, lipids, carbohydrates, vitamins, minerals and more! Good nutrition leads to support for your immune system, energy for daily activities, and prevents many chronic noncommunicable diseases such as heart disease, diabetes, and strokes. Understanding the topic of nutrition and spreading awareness is important because it influences the longevity of your lifespan and your quality of life.

Several factors attribute to poor nutrition. Unhealthy diets high in fat, sugar, and processed foods lead to nutritional imbalances in the body. Today in society where processed and fast-foods dominate the food industry, promoting awareness about nutrition and maintaining a well balanced diet is important as ever to lower risks for health issues and to improve your well-being. Furthermore, it is reported that 11 million deaths (71% of deaths) are reported annually that are linked towards poor nutrition due to conditions like heart and cardiovascular diseases. At the same time, food insecurity leading to malnutrition affects 24% of the world's population that leads to 1/9 people going to bed hungry and affects over 2 billion people globally. This evidently highlights the alarming statistics and the need for people to make good dietary choices because of the impact it has on your lifestyle and health. People having limited accessibility to healthy foods because of poverty, chronic illnesses, and eating disorders strive to be an intractable problem affecting millions globally.

Poor nutrition leads to your body systems weakening. Specifically, your immune system is the prime site for fighting bacterial infections and viruses. With a weakened immune system, it leads to an increased risk of infections and illnesses. To add on, eating foods high in saturated fats can lead to clogged arteries. Processed foods contain a cholesterol called LDL, which leads to plaque building up, makes it harder for blood to pump through these clogged arteries because of a restricted blood flow. Furthermore, hypertension, type 2 diabetes, and cardiovascular diseases are more prone to developing by consuming unhealthy foods that lead to long-term health risks.

There are several common signs linked to poor nutrition such as slow recovery rates in wounds, weight gain/loss, fatigue, brittle nails, and being more susceptible to getting sick. People who don't get their essential nutrients may face weakness or tiredness because their bodies lack the energy needed from their essential nutrients to function. Some individuals may face weight loss from malnutrition or weight gain from consuming many overprocessed fast foods. Shown in children, poor nutrition can lead to stunted growth and developmental problems. Lastly, nutritional imbalances can affect the brain functions such as loss of concentration and attention, mood swings, and depression. This evidently shows how important maintaining nutrition is for both our physical and mental health.

Managing and treating poor nutrition are linked to lifestyle changes individuals have to adapt into their lives. Having a balanced and nutritional meal guided by nutritional dietitians consisting of your daily fibers, vitamins, carbohydrates, and proteins can help you gradually make healthy food choices again. Furthermore, being educated on portion sizing and control is crucial to make sure you're eating the adequate amount each day. Lastly, being involved in community programs educating others on your health and nutrition help promote and persuade others to make better dietary choices to improve their well-being!

Future challenges and research done in nutrition have increased access to information about the risks of how processed foods and sugar lead to obesity, diabetes, and heart disease. This pushes researchers to study the long term consequences to educate other individuals about their health. The rise of chronic diseases have led researchers to explore how personalized nutrition diets can be adopted to individuals metabolism and lifestyles. Current research focuses on improving food accessibility and increasing affordable access to nutritious foods. Specifically, scientists researching on the effects of gut bacteria influencing digestion, disease risk, and weight have led to new discoveries of treatments. As misinformation about health spreads online, helping people find accurate and reliable information based on nutrition strives to be an intractable problem. Future research will continue to focus on education and prevention to help people live healthier and longer lives.

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