

# WHAT IS THE ROLE OF NUTRITION IN HEALTH PROMOTION?



- ◎ Your health is dependent upon the interaction of your genes and your environment, and the food you eat is pan of your personal environment.

# LET FOOD BE YOUR MEDICINE AND MEDICINE BE YOUR FOOD.

- ◉ Nutrients and other substances in foods may influence gene expression, some having positive and others negative effects on your health for example, adequate amounts of vitamins and minerals may help prevent damage to DNA



- some nutrients are believed to be promoters that lead to the progression of the disease, while other nutrients are believed to be anti-promoters that deter the initiation process from progressing to a serious health problem.

- What you eat plays an important role in the development or progression of a variety of chronic diseases. For example, the National Center for Chronic Disease Prevention and Health Promotion indicates that good nutrition lowers people's risk for many chronic diseases, including heart disease, stroke, some types of cancer, diabetes and osteoporosis.



- ◎ The National Cancer Institute estimates that one-third of all cancers are linked in some way to diet, ranking just behind tobacco smoking as one of the major causes of cancer. Appropriate dietary changes could reduce by 50% the deaths due to prostate colon, pancreatic, and breast cancer

# DO WE EAT RIGHT?

- Surveys indicate that most people are aware of the role of nutrition in health and want to eat for healthful purposes, but they do not translate their desires into appropriate action. Poor eating habits span all age groups



- The diets of children are poor, less than 10 percent of the children met dietary recommendations, and 50 percent of the diet was composed of foods least recommended young and older eat too many calories, too much fat especially saturated fat, too much sugar and other sweeteners, too much salt, too much meat and cheese, too few fruits and vegetables, and too few complex-carbohydrate and fiber-containing foods.



- Because the prevention of chronic diseases is of critical importance, thousands of studies have been and are being conducted to discover the details of how various nutrients may affect our health. Particular interest is focused on nutrient function within cells at the molecular level, the interactions between various nutrients and the identification of other protective factors in certain foods.



## Nutrients with nourishment and pharmacologic functions:

- ⦿ Nutrients that support immune function:  
Ex. Zinc, Vit C, Amino acids, vitamin A, Vit B6, folate
- ⦿ Nutrients that provide antioxidant protection: Ex., Vit C., Carotenoids, vitamin E, selenium

- ◉ Nutrients that support synthesis of enzymes and bioactive compounds: Ex. Amino acids, vitamin B6, fatty acids, selenium
- ◉ Nutrients involved in tissue synthesis: Ex. , Protein, Energy, zinc, vitamin A, vitamin C, iron

- General guidelines for healthy eating

Some of support dietary recommendations to promote health: Eat a nutritionally adequate diet consisting of a wide variety of nutrient-rich foods. Let the My plate, guide your food choices.

