Diet Changes Lives

Tresa Anto*

Vice Principal, Jubilee Mission College of Nursing, Kerala, India

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*Corresponding author: Tresa Anto, Vice Principal, Jubilee Mission College of Nursing, Kachery, Thrissure-5, Kerala, Email: srtresaanto@gmail.com

Introduction

Food is the basic necessity of man. It is a mixture of different nutrients such as carbohydrate, protein, fat, vitamins and minerals. These nutrients are essential for growth, development and maintenance of good health throughout life. Charak Samhita supports the use of nutritious food. The important factor which leads for the healthy growing of individuals is nutritious diet. A diet without adequate nutrients leads to different types of health problems. Charaka states that small quantity of food which is easily digestible and good nutritious food items may not be needed for meeting the energy requirement after attaining the satiny level.

If You Care You Get Credit

The food items promote harmony among the body system and helps in retaining equanimity in the body systems. Fruits and vegetables are protective foods which provide vitamins and minerals required for growth and maintenance of health. Roots and tubers provide energy. Vegetables are low in fat and can be used liberally in low calorie diets for weight reduction. Nuts are a rich source of protein and fat and a good source of B -Vitamin and antioxidant vitamin E. They are a concentrated source of energy. The white flesh of coconut is rich in calories though not a very good source of protein. Almonds are an excellent source of vitamin E, an antioxidant. Coriander seed are recommended for energy. Protease is another enzyme for keeping a healthy body. Protease split up protein into their component amino acid building blocks and help eliminate toxins. enzymes are heat sensitive and destroyed at temperature above 118 degrees [1]. Ayurveda explains three types of ‘Ahar’ or food habits ‘Satwik’, ‘Rajasik’ and ‘Tamaski’. Rishis preferred ‘Satwik ahar’ which consist of ‘Kanda’, ‘Mool’, ‘Phala’ (vegetables and fruits) and their life span was hundred years. In today’s circumstances, this consists of a 1300 caloric diet with high fiber, little amount of fat, small amount of sodium, moderately high potassium & minerals and abundance of antioxidants. This type of food gives the least oxidative stress. Extreme level of oxidative stress is the main seen in common health disorders and ageing process [3].

Discussion

A comparative study between the individuals who take raw diet for many years and those who take mixed diet The vegetable diet contains more of unsaturated and polysaturated and low saturated fatty acids. The proportion of n-3 fatty acids to n-6 fatty acids was only about half of the group than who took mixed diet. The study findings show vegetarian food has less effect on the ratio of oleic and arachidonic acid where, the level of n-3 fatty acids are very less with extended intake of high linoleic and oleic
acid components of the food [4]. The biochemical interaction of living food among twenty females in Finnish. This was conducted by survey method. Vitamin C, E and beta-carotene levels were compared with control subjects. The vegetarian raw food group had elevated vitamin C, E, copper, beta-carotene and decreased intake of selenium than the control group. Their intake was parallel with recommended nutrition intake of US. Vitamin C 305%, Vitamin A 247%, vitamin C 313%, copper 120%, selenium 49%. This reveals that vegetarian raw food supplements more antioxidants than the non-vegetarian subjects. Raw food is better in providing antioxidant than cooked diet [5].

Conclusion

Our diet has a direct bearing on our health and almost all illness are related to our diet. Researchers suggest that raw diet is best for controlling diseases supported with his result that the individuals who have been practicing the raw foods diet showed consistent improvement in physiological and psychological parameters [6]. Also reported that the effect of increased amount of uncooked vegetables and fruits showed low total cholesterol and triglyceride concentrations. observations support that raw diet is best for diabetes management [6].

References

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