Conventional Habitual Nutritional Changes can lead to the Several Health Condition Disorders

Nasim Habibzadeh*

Department of Sport Science, Teesside University, United Kingdom

*Correspondence: Nasim Habibzadeh, Department of Sport Science, Teesside University, United Kingdom, E-mail: nasimhabibzadeh@yahoo.com

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Abstract

Nutrition is a well-balanced of nutrients for good – health and overall healthy life. Conventional foods are the foods that is devoted to each country or specific culture which differ from one to another. However, maintaining the habitual dietary is not always possible. Thus, at a particular period of time changing the traditional diets due to the, cultural, social, economic and environmental factors impacts can be a real challenge. Consequently, alteration in traditional or conventional diets can lead to the ill-health conditions or an early death. Changing the traditional habit and replacing it with modern diet can seriously impairs body physiological regulatory functions at different body organs. As result, short – term or long – term ill-health can be the outcome of consuming un-healthy diet in various unexpected states. Nonetheless, consuming habitual food is not always possible and so using a healthy and an uncomplicated food (i.e., a piece of brown bread with cheese, vegetable and some fruits) can have positive impact on overall health and general well-being this kind of the occasions. Individual also are needed to be educated from early life that required worldwide and global attempts.

Keywords: Conventional nutrition; Good-health; Ill -health

Introduction

Nutrition is defined a well-balanced of nutrients per individual body’s dietary requirement during each day. An essential nutrients are components of foods per person and adequate nourishments are essential for a healthy life [1-3] that always do not cost a lot (Figure 1) [4].

Correspondingly, different groups of foods can be into different nutritional classification to describe the nutritional needs. In line with this, the macronutrients can be categorized into proteins, carbohydrates and fats and micronutrients can be labeled with vitamins or supplements (in part vitamin A, C and D) and minerals [5-8]. However, essential nutrients differ from non-essential nutrients substantially. Essential nutrients are optimal for body health while other non-essential nutrients or substances with poor nutrients such are so many snacks that can leads to the poor health in many different ways at which can impair the different section of the bodily system [9,10].

Some examples of good nutrients that promote the life-span are fish, turkey, chicken, eggs, nuts, vegans (i.e. vegetables and fruits), grain foods (cereals), meat without fat or low percentage of fat or lean meat, milk, cheese and yoghurt. Snacks or junk foods are commercial products such as those various salty chips, cookies, surgery or soft drinks, candy bars, cakes, sausage rolls and pies in terms of unhealthy foods (Figure 2) [10].

Nonetheless, at a particular period of time changing the traditional diets due to the, cultural, social, economic and environmental factors impacts can be a
real challenge [11,12]. Consequently, the outcome of alteration in traditional or conventional diet can result malnutrition or obesity and various other health-related issues [13,14]. For instance, migrants can experience this dilemma and not being familiar with new countries foods and dishes can cause to the different major illness. Rapid urbanization also along with different nowadays ready-meals (or to go) or ‘western foods’ in modern time, is one another factor that can affect the consumption pattern of the traditional or home-made foods owing to the lesser usage by those youngsters or working class people [15]. As a result, transition of the essential nutrition to the non-transitional foods can yield serious risks and adverse effects on different physiological and mental factors in human body system [16-18]. Typically, changing the diet pattern currently has been occurred in many countries such as United States(U.S.), United Kingdom (UK) and even in many Asian countries such as Persia and other pacific ocean countries [19,20] and thus many health – related chronic globalized diseases aligning with high level ($ or £) of cost are expected [21]. For example, in United States the cost (US$) of diabetic cases was from $699 to $748 and US$ and that cost for hypertension was from $485 to $622 per person during 2014-2016 years (Figure 3).

Alterations in Habitual Nutrition and Health Irregularity Conditions

An imbalanced conventional dietary habit can lead to the wide range of the long – term or even life-time health-risk factors. ‘Unhealthy diets’ in fact can causes to several chronic physical and mental disease in all individual. Reduced immunity, hormone irregularity due to the an increased stress – level related, high blood pressures, cardiovascular disease (CVD) (i.e., stroke), thyroid gland disorders (i.e., hyperthyroidism & hypothyroidism), diabetes (Type 1 and Type 2), weight status associated problems (i.e., overweight or underweight), cancers, osteoporosis and increasing fall risks are poor diet related illnesses (Figure 4). More importantly, bad diet account for biggest contributor for an early death after ill-health in conventional habitual foods with any ready- meals (i.e., pizza and pies) and any other western-foods per se can impede circulation and decrease immunity which decrease the brain and body optimal functional abilities. In any hunger situation, some light foods can be adequate and having any ready-fast meals can be a psychological stress when one's is starving. Although, there are conditions that keeping up with the regular conventional habitual food is not possible, but people can be educated for this uncertain situations via global educational - systems from early life that requires major workouts and worldwide collaborations [28,29].

Summary and Recommendations

A balanced diet is an important part of a healthy life. A well-balanced diet can enable an optimal bodily and mentally function per each day. A right proportions of foods and natural dishes obviously can lead to the good-health at which keeps the body and mind in an ideal functional - working conditions. In this relation, the food is categorized into two set of the essential and non-essential foods. Essential foods are those proteins, carbohydrates and fats along with some vitamins or supplements (in part vitamin A, C and D) and minerals that are vital for maintaining overall good-health. Non-essential foods are those junk foods (i.e., crisp, candies), western foods (i.e., pizza and pies) and any other ready-meals with poor nutrients. Every countries’ traditional foods can contain mainly the essential foods and changing in conventional habitual foods with any ready- meals (i.e., western foods) for any reasons can put individual at risk of several serious short - term and long – term diseases. Knowing the food concept is an important factor that can substantially prevent different type of illness. This can be achieved through familiarization knowledge from
an early life in schools for example. Conceptual and food practical considerations using population base-intervention, are good ways to familiar individual with an essential dishes that could contribute in good-physical and mental-health and well-being. Social media, free newspapers are other strategies that can be helpful to combat with food challenges to improve healthcare and enhancing the quality of life via preventions approaches.

References

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