EDITORIAL

Healthy diet

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Keita A. Healthy diet. J Food Clin Nut Vol 2021; 4(1):5.

DESCRIPTION

A healthy diet is one in which macronutrients are burned-through in suitable extents to help vivacious and physiologic requirements without abundance consumption while likewise giving adequate micronutrients and hydration to meet the physiologic necessities of the body Macronutrients (i.e., starches, proteins, and fats) give the energy important to the cell measures needed for daily function micronutrients (i.e., nutrients and minerals) are needed in small amounts for normal growth, improvement, metabolism, and physiologic functioning

Carbohydrates are the essential source of energy in the diet and are found in the best wealth in grains, organic products, vegetables, and vegetables. As far as inferring a medical advantage, entire grains are preferred over processed grains, the latter having been deprived of germ and wheat during the processing cycle, bringing about lower measures of fiber and micronutrients. Meta-investigations of studies shows that whole-grain intake to a reduced risk of coronary heart disease, stroke, cardiovascular disease, and cancer, as well as to the decreased risk of mortality due to any cause, , cancer, respiratory disease, cardiovascular disease, diabetes, and infectious disease. Fresh fruits and vegetables supply energy as well as dietary fiber, which promotes the desire of satisfaction and have positive effects on gastrointestinal function, cholesterol levels, and glycemic control

In addition, fresh fruits and vegetables are the essential sources of phytochemicals (e.g., polyphenols, phytosterols, and carotenoids), which biologically active compounds are believed to give out many of the health benefits associated with fruit and vegetable consumption. The automatic effects of these various phytochemicals are not clear but include their antioxidative properties, as well as their role in regulating nuclear transcription factors, fat metabolism, and inflammatory mediators. For example, flavonoids are known to increase insulin secretion and reduce insulin resistance, demonstrating that these phytochemicals provide some benefits in obesity and diabetes. Additionally, polyphenols interact with gastrointestinal microbiota in a two way manner by enhancing gut bacteria and being metabolized by these bacteria to form more bioactive compounds. Fruit and vegetable intake has been manifest to inversely correlate with the risk of NCDs, including hypertension, cardiovascular disease, chronic obstructive pulmonary disease, lung cancer, and metabolic syndrome.

Dietary proteins yield a source of energy as well as amino acids that the human body requires but cannot produce on its own (i.e., essential amino acids). Dietary proteins are derived from both animal (meat, dairy, fish, and eggs) and plant (legumes, soya products, grains, nuts, and seeds) sources, with the previous considered a richer source due to the disposition of amino acids, high digestibility, and greater bioavailability. However, animal-based sources of protein contain saturated fatty acids, which have been related to cardiovascular disease, dyslipidemia, and certain cancers. Although the mechanisms are not clear, red meat, and processed meat in particular, have been associated with an increased risk of colorectal cancer. Animal-acquired proteins also increase the dietary acid load, finishing the body's acid-base balance toward acidosis. The increased metabolic acid load has been related to insulin resistance, impaired glucose homeostasis and the development of urinary calcium stones

CONCLUSION

Good nutrition nurtures not only better physical health but also reduce susceptibility to disease; healthy diet has also been demonstrated to contribute to cognitive development and academic success.

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Received: *January 04, 2021;* **Accepted:** *January 18, 2021;* **Published:** *January 25, 2021*