

ROLE OF DIET IN PREVENTION OF DISEASES

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Diet is made up of the food that we consume and nutrition is the way that consumed food nourishes our body. An adequate nutrition means body is getting all the nutrients vitamins and minerals it needs to function normally. Malnourished and underweight individuals have poor nutritive activity as compared to their normal healthy persons. The development, maintenance and optimal functioning of the immune system depend on balanced and adequate nutrition. Multiple rather than single nutrient deficiencies are often the causes for a compromised immune system and an increased risk of infection, as was found in patients with protein-energy malnutrition. The elderly are particularly susceptible to infections due to a decline in immune functions with age. Active infections can increase the requirements for certain nutrients, and concomitant disease can increase the morbidity of infections. Coronary Heart Diseases are now the rising trend in recent times. Apart from the various risk factors like diabetes, smoking etc. changes in life style and food habits are one of the important culprits blamed for it. So dietary advices have an important role in the non medicinal management of Heart Diseases and Dyslipidemia.

Fresh herbs make many other foods heart-healthy when they replace salt, sugar, and trans fats. These flavor powerhouses, along with nuts, berries -- even coffee -- form a global approach to heart-wise eating. Black beans are packed with heart-healthy nutrients including folate, antioxidants, magnesium, and fiber -- which helps control both cholesterol and blood sugar levels. Salmon also lowers blood triglycerides and reduces inflammation. The American Heart Association recommends two servings of salmon or other oily fish a week. Tuna is a good source of heart-healthy omega-3s; it generally costs less than salmon. Albacore (white tuna) contains more omega-3s than other tuna varieties. Extra Virgin Olive Oil made from the first press of olives, is especially rich in heart-healthy antioxidants called polyphenols, as well as healthy monounsaturated fats. When olive oil replaces saturated fat (like butter), it can help lower

cholesterol levels. Polyphenols may protect blood vessels. A small handful of walnuts (1.5 ounces) a day may lower blood cholesterol and reduce inflammation in the arteries of the heart. The green soybeans are moving beyond Japanese restaurants, where they're a tasty appetizer. They're packed with soy protein, which can lower blood triglyceride levels. Sweet potatoes are a hearty, healthy substitute for white potatoes for people concerned about diabetes. Oranges are sweet, juicy fruit contains the cholesterol-fighting fiber pectin -- as well as potassium, which helps control blood pressure. A small study shows that OJ may improve blood vessel function and modestly lower blood pressure through the antioxidant hesperidin. Carrots are the latest research on carrots shows these sweet, crunchy veggies may help control blood sugar levels and reduce the risk of developing diabetes. They're also a top cholesterol-fighting food, thanks to ample amounts of soluble fiber -- the kind found in oats. Milk is high in calcium and potassium and yogurt has twice as much of these important minerals. To really boost the calcium and minimize the fat, choose low-fat or non-fat varieties. The heart-healthy power of vegetables in our milk or on toast? Margarine, soy milk, or orange juice can deliver -- when they're fortified with cholesterol-fighting sterols and stanols. These plant extracts block cholesterol absorption in the gut and can lower LDL levels by 10% without affecting good cholesterol. Coffee and tea may help protect our heart by warding off type 2 diabetes. Studies show that people who drink 3-4 cups a day may cut their risk by 25% -- and even decaffeinated coffee works. Caution is due, however, for those who already have diabetes or hypertension; caffeine can complicate these conditions. Cherries are packed with anthocyanins, an antioxidant believed to help protect blood vessels. Cherries in any form provide these heart-healthy nutrients: the larger heart-shaped sweet cherries, the sour cherries used for baking, as well as dried cherries and cherry juice. Blueberries--the list of healthy nutrients in blueberries is extensive: anthocyanins give them their deep blue color and support heart health. Blueberries also contain ellagic acid, beta-carotene, lutein, vitamin C, folate, magnesium, potassium, and fiber.

Cancer has now become the most detrimental diseases throughout the world. According to the opinion of Dr Gro Harlem Brundtland, Director-General of World Health Organization, "The global burden of cancer continues to increase. So a question may arise in a cancer patient how long he or she is going to survive. The next question arises how far a cancer victim is living with or without disease or how the patients will live rest of his life. To get better quality of life dietary habits have obvious certain roles. According to the scientists of American Institute for Cancer

Research, no single food can reduce risk of cancer, but the right combination of foods may make a difference. At lunch, a balance of at least two-thirds plant-based foods and no more than one-third animal protein is an important cancer fighting tool. Fruits and vegetables are rich in cancer-fighting nutrients and these foods can help to lower the risk of developing cancer in colon, esophagus, and kidney. Folate is an important B vitamin that may help protect against cancers of the colon, rectum, and breast. So on the breakfast table, consuming cereals and whole wheat products along with orange juice, melons, and strawberries are good sources of folate. Other good sources of folate are eggs, chicken liver, beans, sunflower seeds, and leafy green vegetables like spinach or romaine lettuce. According to the American Cancer Society, the simple way to get folate is by taking enough fruits, vegetables, and enriched grain products not from taking enough tablets of folate. Tomatoes contain lycopene -- the pigment that gives tomatoes their red color. It is evident from the study report that processed tomato products such as juice, sauce, or paste increase the cancer-fighting potential and reduce the risk of several types of cancer, including prostate cancer. Green tea is supposed to be a strong cancer fighter. It has been shown from the study report that green tea has slowed or prevented the development of cancer in colon, liver, breast, and prostate and is associated with lower risks for bladder, stomach, and pancreatic cancers. Purple and red grapes juice contains resveratrol which has strong antioxidant and anti-inflammatory properties that lead to the prevention of cancer. According to the American Cancer Society, cancers of the mouth, throat, larynx, esophagus, liver, and breast are all linked with drinking alcohol. It can also cause the cancer of the colon and rectum. They also opine that even the daily limit of two drinks for men and one for women increases the risk. Vitamins may help to protect against cancer. Eating a healthy diet is sufficient to get adequate vitamins. Both the American Cancer Society and the American Institute for Cancer Research stress that getting cancer-fighting nutrients from foods like nuts, fruits, and green leafy vegetables is definitely more helpful than getting supplements from pills or tablets. Blueberries may have great values in combating cancer because it has potent antioxidants. Antioxidants fight cancer by ridding the body of free radicals before they can do their damage to cells. Same is true in strawberries and raspberries which have phytochemical called ellagic acid. Beans may help fight cancer, too. They contain several potent phytochemicals that may protect the body's cells against damage that can lead to cancer. Cruciferous vegetables include broccoli, cauliflower, cabbage, Brussels sprouts, botchy, and kale. These members of the cabbage family make an excellent body defense

against cancers such as colon, breast, lung, and cervix. Dark green leafy vegetables such as mustard greens, lettuce, kale, chicory, spinach, and chard have an abundance of fiber, folate, and carotenoids. These nutrients may help to protect against cancer of the mouth, larynx, pancreas, lung, skin, and stomach. Curcumin is the main ingredient in the Indian spice turmeric and a potential cancer fighter. Frying, grilling, and broiling meats at very high temperatures causes chemicals to form that may increase cancer risk. Water not only quenches thirst, but it may protect against bladder cancer. The lower risk comes from water diluting concentrations of potential cancer-causing agents in the bladder. Also, drinking more fluids causes urination more frequently. That shortens the spell of time for those agents staying in contact with the bladder lining. So to combat cancer take plenty of green leafy vegetables, fruits, vegetable proteins along with limited amount of animal proteins with plenty of safe drinking water, more fibre containing foods less amount of fast foods.

Role of Diet in high blood pressure-We may be able to lower our blood pressure by switching to a better diet. The DASH Diet -- Dietary approaches to stop Hypertension -- involves eating more fruits, vegetables, whole-grain foods, low-fat dairy, fish, poultry, and nuts. We should eat less red meat, saturated fats, and sweets. Reducing sodium in our diet can also have a significant effect. Regular exercise helps lower our blood pressure.

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