

Impact of food and nutrition in life style modification

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Food and nutrition are the prime source of energy for our body. Food intakes play an important role in body weight. Nutrition is defined as the process in which animal or plant takes in and utilizes to release energy from the body. It is essential for growth and development, health and wellbeing. These are assessed by bodyweight which categorize by body composition analysis. Relationship between food nutrition and body weight includes a discussion of how the body weight can be maintained with a healthy balanced eating habit and lifestyle modification. The factors affecting the eating habits depend on the time, quality and quantity of food. The urge to eat is controlled by gut hormones and brain, mainly hunger hormones and satiety hormones, after a sustained weight loss within two years, the satiety hormones are override by hunger hormones, by a feeling of hunger which tends to have more food is influenced by factors such as food's savory appeal, the body's fat stores and need of energy. For decades, scientists have been researching the role of two hormones called leptin and ghrelin in regulating hunger, food preferences and satiety as signals from the body to the brain and seem to regulate appetite and satiety. Life style correction to manage body weight are dietary plans, physical activity and behavioral therapy, which helps the complete transformation of the individual. Attitude towards the eating, exercise and behavior therapy are essential for a sustained weight reduction. Life style changes leads to obesity, which is a chronic medical condition. Obesity in adulthood leads to diabetes, high blood pressure, cardio vascular disease, gallstones, strokes, risk factor for a number of cancers which is associated with a striking reduction in life expectancy for both men and women so that a healthy lifestyle correction is required. For a healthy life style modification wellness centers are recommended to give guidelines and motivational support to the individual in order to change their attitude, awareness and authenticity towards a healthy living.

Biography

Shameema Vattamkandathil is a Centre Manager and Clinical Nutritionist. She has completed her Graduation in Food Science and Quality Control from Mahatma Gandhi University, India and Post-graduation in Food Chemistry and Food Processing from Loyola College, Chennai, India with an additional Master of Science in Applied Psychology and Master of Business Administration from Bharathiar University, Coimbatore, India.