

Chapter 4 nutrition weight control and exercise

What is Nutrition?

Food is a mixture of various substances, which are essential for life, whereas nutrition is a dynamic process in which body is made healthy by the consumption of food. The process of nourishing, especially the process by which a living organisms uses food for the growth of tissues is called nutrition.

Dietary goals

1. to maintain ideal body weight by performing exercise.
2. To ensure an adequate nutritional status for pregnant mothers.
3. To achieve adequacy in all nutrients.
4. To prevent the chronic diet related disorders.
5. To maintain health and increase the life expectancy.
6. To increase the awareness and effect of diet and physical activity.
7. To reduce sugar consumption.
8. To strengthen the action plans to improve diets.

Basics of a nutritious diet

Protein- the maximum amount of protein remains in the tissues of our body. If water is extracted from the body, the maximum percentage of protein is left out in our body. The growth and development does not take place properly if there is lack of protein. Body weight starts reducing, mental growth is also hindered. Protein stimulates metabolism and also forms some of the digestive juices.

Sources of protein

- a) **Animal protein-** protein which we get from animals such as egg, milk, meat, fish.

Nutrition Weight Control And Exercise

KJ Lindholm-Leary



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