

NUTRITION AND DIET THERAPY

REVIEWER

Introduction to Human Nutrition

Nutrition plays a key role in disease prevention and health promotion. As providers of holistic care and valuable sources of health information, nurses must have adequate working knowledge about the nutritional needs of healthy and sick individuals. Many lifestyle and environmental factors influence health and well-being, nutrition is major, modifiable, and a powerful factor in promoting health, preventing and treating disease, and improving quality of life. Thus the study of Nutrition is indispensable for all healthcare professionals.

Factors Influencing Food Choice at Different Levels

1. Macro-Environment Level
 - Economic policies
 - Laws
 - Government Policy
 - Industry Relations
 - Media
 - Technology
 - Transportation
2. Micro-Environment Level
 - Local
 - Community
 - School Settings
 - Worksites
 - Restaurants & fast food outlets
3. Family Environment Level
 - Role
 - modeling
 - Feeding
 - Styles
 - Availability
 - Culture
 - Etc.

NUTRITION

"Nutrition is the study of food in relation to health of an individual, community or society and the process through which the food is used to sustain life and growth"

"Nutrition is the science of food, the nutrients and other substance therein, their action, interaction, and balance in relation to health and disease, and the processes by which an organism ingests, digest, absorbs,

transports, utilizes and excretes food substances."

"Nutrition is the study of food and how the body makes use of it. It deals not only with the quantity of food consumed but also with the process of receiving and utilizing it for growth and renewal of the body and for the maintenance of the different body functions"

Functions of Nutrition

Basic functions of nutrition is to maintain life by allowing an individual to grow and be in a state of optimal health.

Reasons why nutritional science is **applied to allied health courses**:

1. recognition of the role of nutrition in **preventing diseases or illnesses**.
2. concern for **adapting food patterns** and individual to their **nutritional needs** within the framework of their cultural , economic, and psychological situations and styles
3. awareness of the need in specified disease states to modify nutritional factors for **therapeutic purpose**

NUTRIENTS

- **chemical substances** found in food. They perform **diverse roles** in the body such as to **provide heat and energy , to build and repair body tissues and to regulate body processes**. Since nutrients are found primarily in natural foods, adequate intake of these is necessary to carry out physiological functions.

Nutrients Classifications

1. **Functions** - those that form tissues in the body are body-building nutrients, while those that furnish heat and energy are fats, carbohydrates, and protein.
2. **Chemical properties** - nutrients are either organic or inorganic
3. **Essentiality** - Nutrients are classified based on their significant contribution to the body's physiological functioning.
4. **Concentration**- nutrients are either in large amounts or in little amounts.

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