



## Food and Nutrition: Indispensable in Promoting a Healthy Lifestyle

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### Abstract

Food and nutrition are regarded as significant concepts that need to be taken into consideration by the individuals throughout their lives. The concepts of food and nutrition are regarded to contribute effectively in promoting good health and well-being of the individuals. The individuals have their eating habits, which they follow as a part of their daily life routine. The individuals, belonging to all cultures, occupations, communities, categories and socio-economic backgrounds have aims and objectives to achieve. Hence, to achieve all types of aims and objectives and lead to enrichment of one's living conditions, it is of utmost significance to put emphasis on food and nutrition. Furthermore, to lead to effective growth and development of individuals, food and nutrition are important areas that are to be focused upon regularly. Food makes provision of essential nutrients to the individuals. They obtain the necessary energy to carry out all tasks and activities in an appropriate manner. It is of utmost significance for all the individuals to meet their daily nutritional requirements in an appropriate manner. Food provides nourishment to the body. The individuals need to be informative in terms of methods to fulfil their nutritional requirements on daily basis. They prepare meals within homes, eat out in restaurants or order food online. The individuals are required to pay attention on food and nutrition on regular basis. Therefore, it is well-understood that food and nutrition is indispensable in promoting a healthy lifestyle. The main concepts that are taken into account by the individuals are, factors highlighting the significance of food and nutrition, functions of food and factors influencing food and nutrition.

**Keywords:** Consumption; Food and Nutrition; Functions; Health; Methods; Nutrients; Preparation; Well-Being

### Introduction

Food and nutrition are important concepts that need to be taken into consideration by the individuals throughout their lives. In order to lead to effective growth and development of individuals, food and nutrition are important areas that are to be focused upon regularly. Food makes provision of essential nutrients to the individuals. These are carbohydrates, proteins, vitamins, minerals, fats, dietary fibre and water. These are necessary to promote good health of the individuals. The essential nutrients play a significant part in treating various types of health problems and illnesses. The lack of essential nutrients cause various types of health problems

and illnesses (Krucik, 2017) [1]. It is of utmost significance for all the individuals to meet their daily nutritional requirements in an appropriate manner. Food provides nourishment to the body. The individuals need to be informative in terms of methods to prepare their food items. These need to be prepared in a clean and hygienic environment and appropriate ingredients should be utilized. The individuals should pay adequate attention towards satisfying their nutritional requirements on daily basis. The individuals should not skip meals.

The individuals, belonging to all communities, categories and backgrounds carry out various tasks and activities. These are com-

plicated as well as manageable. In order to carry them out in a well-organized manner, the individuals require the essential nutrients, hence, it is necessary to focus on food and nutrition. The nutrients are classified as macronutrients and micronutrients. Macronutrients are obtained in large amounts, whereas, micronutrients are obtained in small amounts (Nutrition, 2022) [2]. It is necessary for all individuals, irrespective of their age groups, categories and backgrounds to develop healthy eating habits. This will enable them to promote good health, physically and psychologically. The research studies have indicated that maintaining body weight is vital for all individuals. Hence, they need to focus on meeting their nutritional requirements on daily basis. During the childhood stage, parents are vested with the responsibility of focusing on the nutritional requirements of their children. On the other hand, in case of adults, they need to augment their knowledge and understanding in terms of various aspects regarding food and nutrition. When the individuals will be healthy, they will be able to concentrate on their job duties better.

The individuals, belonging to all communities, categories and socio-economic backgrounds experience psychological problems in their lives. These are, anger, stress, anxiety, frustration and depression. These are experienced in a major or minor form. The food and nutrition are regarded to render an important contribution in not only satisfying the nutritional requirements, but also in curbing various types of psychological problems. When the individuals are stressed or feeling angry regarding any issue and they consume their favourite food items, they are able to feel better. The mindsets of the individuals develop normalcy, when they satisfy their nutritional requirements. The concepts of food and nutrition incur the feelings of pleasure and contentment among individuals. When the individuals make visits to the homes of other individuals or social, cultural and religious functions and they are served good-quality food items, they take pleasure in making visits. The individuals meet others and interact with them, but the food items that are served contribute significantly in making their visits pleasurable and gratifying. Therefore, it is understood on a comprehensive basis that there are number of advantages of food, which are recognized by the individuals, belonging to all communities.

#### Factors highlighting the significance of food and nutrition

Throughout the lives of the individuals, food and nutrition are important factors that need to be taken into consideration on regu-

lar basis. The day of the individuals begin with the planning of food items. They are required to make decisions in terms of what food items are to be prepared for breakfast, lunch and dinner. In some households, meals are prepared twice a day, breakfast and lunch is prepared in the morning, whereas, dinner is prepared in the evening. Hence, it is well-understood, importance is given to food and nutrition to a major extent. Food and nutrition are important aspects to render a contribution in leading to up-gradation of overall living conditions of individuals.

The energy needed is supplied by the oxidation of the foods consumed. The food and nutrition render an important contribution in building the body. The food consumed each day helps in maintaining the structure of the body and replaces the worn out cells of the body. The food regulates the activities of the human body. These activities are, beating of the heart, maintenance of the body temperatures, muscle contraction, control of water balance, clotting of blood and removal of waste products from the body (The Nutrition Source, 2022) [3]. It is necessary to conduct research in terms of the factors highlighting the significance of food and nutrition. These are, leading to effective growth and development of individuals; making provision of essential nutrients; promoting good health, physically and psychologically; maintaining body weight; controlling the functions of the body and incurring the feelings of pleasure and contentment among individuals. These are stated as follows.

#### Leading to effective growth and development of individuals

Food and nutrition are important aspects to lead to effective growth and development of individuals. Food makes provision of essential nutrients to the individuals. These are necessary to promote good health and well-being of the individuals. The essential nutrients play a significant part in treating various types of health problems and illnesses. The lack of essential nutrients cause various types of health problems and illnesses. It is of utmost significance for the individuals to meet their daily needs and requirements in an appropriate manner. Food provides nourishment to the body. This is fundamental to curb various types of health problems and illnesses. The individuals need to be informative in terms of methods to prepare various types of food items. Furthermore, it needs to be ensured, these are prepared in a clean and hygienic environment and appropriate ingredients are utilized. The individuals, belonging to all age groups, categories and backgrounds

should pay adequate attention towards satisfying their nutritional requirements on daily basis. Therefore, leading to effective growth and development of individuals is regarded as one of the indispensable factors highlighting the significance of food and nutrition.

### **Making provision of essential nutrients**

Food makes provision of essential nutrients to the individuals. These are carbohydrates, proteins, vitamins, minerals, fats, dietary fibre and water. These are necessary to promote good health of all the individuals. The individuals, belonging to all age groups experience various types of health problems and illnesses. In such cases, they make visits to hospitals and health care centres. The medical practitioners and health care specialists impart information in terms of medicines. Apart from these, they make provision of information in terms of essential nutrients. These need to be consumed on daily basis. The essential nutrients play a significant part in treating various types of health problems and illnesses. As a consequence, individuals are able to promote good health and well-being. The lack of essential nutrients cause various types of health problems and illnesses. Furthermore, the individuals will be able to concentrate on their tasks in an adequate manner. It is of utmost significance for the individuals to meet their daily nutritional requirements in an appropriate manner. Therefore, making provision of essential nutrients is one of the necessary factors highlighting the significance of food and nutrition.

### **Promoting good health, physically and psychologically**

It is necessary for all individuals, irrespective of their age groups, categories and backgrounds to develop healthy eating habits. This will enable them to promote good health, physically and psychologically. The individuals, belonging to all communities, categories and socio-economic backgrounds experience various types of psychological problems in their lives. These are, anger, stress, anxiety, frustration and depression. The individuals experience situations in their personal and professional lives, when they are overwhelmed by various types of psychological problems. The food and nutrition are regarded to render an important contribution in not only satisfying the nutritional requirements, but also in curbing various types of psychological problems. In other words, individuals feel better and normal, when they are consuming food. When the individuals are stressed or feeling angry regarding any issue

and they consume their favourite food items, they are able to feel better. The mind-sets of the individuals develop regularity, when they satisfy their nutritional requirements. Therefore, promoting good health, physically and psychologically is an essential factor highlighting the significance of food and nutrition.

### **Maintaining body weight**

Maintaining body weight is vital for all individuals. The individuals are required to augment their knowledge and understanding in terms of various factors that would contribute significantly in maintaining body weight. The individuals get engaged in various types of exercises and physical activities. They get engaged in sports to keep good health. When the individuals are overweight and plan to lose weight, they are required to focus on meeting their nutritional requirements on daily basis. They need to curb the intake of high calorie and fattening food items. Furthermore, they need to consume healthy food items. On the other hand, the individuals, who are fit and are maintaining their body weight, they eat healthy, but once in a while, junk food is consumed. The individuals, who are underweight and are gaining weight, consume both high calorie and low calorie food items. Hence, there are different types of weight management strategies that are put into practice by the individuals. Therefore, it is understood on a comprehensive basis that maintaining body weight is an important factor highlighting the significance of food and nutrition.

### **Controlling the functions of the body**

The food and nutrition are necessary to promote good health of the individuals, belonging to all age groups, genders, occupations and communities. It is apparently understood, the individuals belonging to all age groups experience various types of health problems and illnesses. These have an effect physically and psychologically. The consumption of food provides the essential nutrients to the body. These are indispensable to stay healthy, physically and psychologically. The energy needed is supplied by the oxidation of the foods consumed. The food and nutrition render an important contribution in building the body. It brings about improvements in the body's resistance to diseases. The food consumed each day helps in maintaining the structure of the body and replaces the worn out cells of the body. The food regulates the activities of the human body. These activities are, beating of the heart, maintenance

of the body temperatures, muscle contraction, control of water balance, clotting of blood and removal of waste products from the body. Therefore, it can be stated, controlling the functions of the body is a meaningful factor highlighting the significance of food and nutrition.

### Incurring the feelings of pleasure and contentment among individuals

The concepts of food and nutrition incur the feelings of pleasure and contentment among individuals. During the time of festivals, when sweets are distributed to the individuals, the individuals feel pleasurable and contented. Food has an expression of love, friendship and social existence. Food is considered as an integral part of celebration of festivals and organization of any social, cultural and religious functions. Within educational institutions of all levels, when there are organization of seminars and workshops, then too, food items develop motivation among individuals and incur the feelings of pleasure and contentment. When the individuals make visits to the homes of other individuals or social, cultural and religious functions and they are served good-quality food items, they take pleasure in making visits. The individuals meet others and interact, but food items that are served contribute significantly in making their visits pleasurable and enjoyable. Hence, it is understood to a major extent that there are number of factors in terms of food and nutrition. These are recognized by the individuals, belonging to all communities, occupations and socio-economic backgrounds. Therefore, incurring the feelings of pleasure and contentment among individuals is a noteworthy factor highlighting the significance of food and nutrition.

### Functions of food

The individuals are different from each other in terms of number of factors, i.e. caste, creed, race, religion, ethnicity, cultures, personality traits, educational qualifications, competencies, abilities, occupations, age groups, communities and socio-economic backgrounds. They are living their lives in accordance to the norms and values and are wholeheartedly determined towards leading to enrichment of their overall quality of lives. For this purpose, individuals formulate goals and objectives. To achieve goals and objectives, individuals need to pay adequate attention on food and nutrition. The main reason being, energy is obtained from consumption of food items. In order to facilitate concentration on one's job duties

in a well-organized manner, the individuals are required to satisfy their nutritional requirements (Food and Nutrition, 2022) [4]. Food items makes provision of essential nutrients to the individuals. These are necessary to promote good health of the individuals from the physical as well as psychological perspectives. The essential nutrients play a significant part in maintaining body weight of the individuals. Functions of food is recognized from physiological, social and psychological perspectives. These are stated as follows.

### Physiological functions of food

The physiological functions of food are primarily focused upon making provision of energy and leading to effective growth and development. The energy is obtained from consumption of food items. The human body needs energy to sustain the involuntary processes of doing well in one's job duties, achieving desired goals and objectives in personal and professional lives and leading to upgradation of one's overall standards of living. In order to lead to effective growth and development of individuals, food and nutrition are vital concepts that render an important contribution. Energy needed is supplied by the oxidation of the foods consumed. The food and nutrition render a significant contribution in building the structure of the body. It brings about improvements in the body's resistance to diseases and other health problems. The food consumed each day helps in maintaining the structure of the body and replaces the worn out cells of the body. The food contributes in regulating the activities of the human body. These activities are, beating of the heart, maintenance of the body temperatures, muscle contraction, control of water balance, clotting of blood and removal of waste products from the body.

### Social functions of food

The social functions of food are recognized by the individuals, belonging to all communities, occupations and socio-economic backgrounds. The concepts of food and nutrition incur the feeling of pleasure among individuals. During the time of festivals, when sweets are distributed to the individuals, they feel pleasurable and contented. Food has an expression of love, friendship and social existence. Food is considered as an integral part of celebration of festivals and organization of any social, cultural and religious functions. Within educational institutions of all levels, when there are organization of seminars and workshops, then too, food items de-

velop motivation among individuals towards implementation of their job duties and responsibilities. When the individuals make visits to the homes of other individuals or social, cultural and religious functions and they are served good-quality food items, they take pleasure in making visits. In all the functions, individuals meet others and get engaged into verbal communication, but food items that are served contribute significantly in making their visits pleasurable and enjoyable. Hence, it is understood to a major extent that there are number of factors in terms of food and nutrition that enable individuals to recognize the social functions of food.

### Psychological functions of food

The individuals, belonging to all communities, categories and socio-economic backgrounds experience various types of psychological problems in their lives. These are classified into, anger, stress, anxiety, frustration and depression. The individuals experience situations in their personal and professional lives, when they are overwhelmed by various types of psychological problems. In some cases, they do not feel like having any food items when they experience these problems. But when they consume their preferred food items, they feel better. The food and nutrition are regarded to render an important contribution in satisfying the nutritional requirements, curbing various types of psychological problems and in promoting a normal mind-set. Furthermore, individuals augment the traits of generosity and kindness. Individuals feel better and contented, when they have consumed their food (Jones, 2022) [5]. The individuals need to be informative in terms of methods to prepare their food items. These need to be prepared in a clean and hygienic environment and appropriate ingredients should be utilized. The individuals should pay adequate attention towards satisfying their nutritional requirements on daily basis. Therefore, it can be stated, psychological functions of food are regarded as vital in reinforcing the traits of generosity and kindness.

### Factors influencing food and nutrition

Food and nutrition are important concepts for all individuals. They are required to pay adequate attention towards them, irrespective of their busy schedules. It is necessary for the individuals to manage their resources that are the key to meet the nutritional requirements. The possession of financial resources will enable the individuals to obtain the food items of their choice. In all types of employment settings as well, the individuals are given time to have

their meals. Hence, it is of utmost significance for the individuals to satisfy their nutritional requirements. The food make provision of essential nutrients to the individuals, which are necessary to stay healthy both from the physical and psychological perspectives. Furthermore, the individuals obtain the energy to do well in their job duties and to generate the desired outcomes. It is necessary for the individuals to augment their knowledge and understanding regarding the factors influencing food and nutrition. These are stated as follows.

### Possession of financial resources

It is necessary for the individuals to possess and manage their financial resources. These are the key to meet the nutritional requirements. Whether the individuals are preparing meals within their homes or are eating out in restaurants or are ordering food online, they need to possess sufficient amount of financial resources. When the individuals are wealthy, they are able to satisfy their nutritional requirements in a manageable manner. On the other hand, when the individuals are overwhelmed by the conditions of poverty, they will experience problems in satisfying their nutritional requirements. This is primarily due to scarcity of financial resources. Hence, it can be stated, possession of financial resources will enable the individuals to obtain the food items of their choice. Therefore, possession of financial resources is regarded as one of the indispensable factors influencing food and nutrition.

### Food preferences

The individuals, belonging to all communities, categories and socio-economic backgrounds have food preferences. Some individuals are pure vegetarians, some are non-vegetarians and some are both vegetarian and non-vegetarian. The individuals have different eating habits, i.e., some may consume meals every two hours, some may consume meals twice a day, some may consume one meal during lunch, whereas, during dinner time, they may consume light meals. Hence, food preferences of the individuals are considered as essential factors that have an influence on food and nutrition. The individuals have their food preferences and are also aware of the factor that making wise food preferences will enable them to promote good health and well-being. Furthermore, they will contribute efficaciously to bringing about improvements in their overall quality of lives. Therefore, it is well-understood, food preferences are one of the significant factors influencing food and nutrition.

### Methods to prepare food items

The individuals need to be informative in terms of methods to prepare their food items. In other words, both men and women need to put emphasis on augmenting their competencies and abilities in terms of methods that are utilized in the preparation of meals. The methods are complicated as well as manageable. These are implemented on an individual basis as well as through working in collaboration with other individuals. The food items need to be prepared in a clean and hygienic environment and appropriate ingredients should be utilized. These factors are regarded to be of utmost significance. The individuals make use of internet to augment their information in terms of preparation of various types of food items. Through utilization of internet, individuals are able to obtain answers to all questions and clear their doubts. Therefore, methods to prepare food items is an essential factor influencing food and nutrition.

### Religious backgrounds

Religious backgrounds of the individuals have a major influence on food and nutrition. For example, widows refrain themselves from the consumption of certain food items such as sweets, fried foods and non-vegetarian food items. They focus on consumption of fruits and pure vegetarian food items. They keep fasts and during fasting, they refrain themselves from the intake of water as well. There are some fasts in which they consume water and fruits. The widows form the viewpoint that through keeping fasts, they will be able to repent their sins. Furthermore, they will be able to reinforce well-being and goodwill. Hence, the religious backgrounds of the individuals impose certain norms and values that would enable the individuals to focus on food and nutrition in an adequate manner. Therefore, religious backgrounds is a factor influencing food and nutrition, which is acknowledged by individuals, belonging to all communities.

### Cultures

Cultures of the individuals have a major influence on food and nutrition. In all communities, there are individuals who refrain themselves from the consumption of certain food items such as sweets, fried foods, certain vegetables, non-vegetarian food and other food items. They focus on consumption of vegetarian food items and fruits. In some cases, sugary food items are avoided or consumed occasionally. The individuals are focused on promoting

good health and well-being from the physical and psychological perspectives. Furthermore, they are wholeheartedly determined towards reinforcing well-being and goodwill of themselves and other individuals. Hence, the cultures of the individuals impose certain beliefs, standards, principles and ethics that would enable the individuals to focus on food and nutrition in a satisfactory manner. Therefore, cultures is a factor influencing food and nutrition, which is acknowledged by the individuals to a major extent.

### Health problems and illnesses

The individuals, belonging to all age groups, communities, categories and socio-economic backgrounds experience various types of health problems and illnesses. The various types of health problems and illnesses are, high blood pressure, low blood pressure, pain in the joints, illnesses caused due to wounds and injuries and so forth. These have an effect on the health of the individuals from the physical and psychological perspectives. The consumption of food provides the essential nutrients to the body. These are indispensable to stay healthy and promote well-being and goodwill. The consumption of essential nutrients plays a significant part in treating various types of health problems and illnesses. The lack of essential nutrients cause various types of health problems and illnesses. It is of utmost significance for all the individuals to meet their daily nutritional requirements in an appropriate manner. Therefore, health problems and illnesses are an essential factor influencing food and nutrition.

### Organization of functions

There is celebration of festivals, organization of marriage functions, anniversaries, birthdays, achievements and so forth. In organization of functions, individuals are invited. The food has an expression of adoration, esteem and social existence. It is considered as an integral part of celebration of festivals and organization of any types of social, cultural and religious functions. When the individuals make visits to the homes of other individuals, when there are celebration of festivals or organization of social, cultural and religious functions, the focus has to be put on hospitality. Individuals are served good-quality food items and as a consequence, they take pleasure in making visits to all these functions. The individuals meet others and interact with them, but the food items that are served contribute significantly in making their visits enjoyable. Therefore, organization of functions is a factor influencing food

and nutrition, which is recognized by the individuals, belonging to all communities, categories and backgrounds.

### Emotional influences

The concepts of food and nutrition incur the feelings of joy and satisfaction among individuals. When the individuals are residing alone, in such cases, they usually do not pay attention towards their nutritional requirements. They are normally overwhelmed by various types of psychological problems and do not pay attention towards food and nutrition. Loneliness is regarded as a chronic and distressful state, which usually imposes negative effects in satisfying one's nutritional requirements. Furthermore, loneliness of the individuals enable them to feel depressed. Hence, when the individuals are overwhelmed by various types of psychological problems, it usually has unfavourable influence on food and nutrition. On the other hand, when individuals are eating in a company of their family members, relatives and friends, they normally tend to eat well and satisfy their nutritional requirements. Therefore, emotional influences is a worthwhile factor influencing food and nutrition.

### Job duties and responsibilities

The job duties and responsibilities of the individuals have an influence on food and nutrition to a major extent. When the individuals are engaged in manual job duties, they usually require more amount of food. The reason being, they need more amount of calories. On the other hand, when job duties and responsibilities of the individuals are not very complicated and cumbersome, in such cases, the food and nutritional intake is moderate. The individuals need the necessary energy to do well in their job duties and to achieve the desired goals and objectives in both personal and professional lives. Hence, when the individuals are determined to put into operation various types of job duties and responsibilities in a well-organized manner, they need to focus on food and nutrition. Therefore, job duties and responsibilities is a notable factor influencing food and nutrition.

### Utilization of technologies

In the present existence, with advancements taking place and with the advent of modernization and globalization, the individuals, belonging to all communities, categories and backgrounds are making use of various types of technologies to carry out various

tasks and activities. In generating information in terms of cooking techniques, the internet is utilized. Through utilization of internet, individuals are able to obtain answers to all questions and augment their learning. Furthermore, there are availability of food apps. The individuals download them and order food online. The common examples of these apps are, Zomato and Swiggy. When the individuals are residing alone or with family members, in all cases, they make use of technologies and internet to augment their knowledge and understanding in terms of food preparation methods and significance of food and nutrition. Therefore, utilization of technologies is a factor influencing food and nutrition, which has been favourable to the individuals on a comprehensive basis.

### Conclusion

To promote effective growth and development of individuals, food and nutrition are important concepts. These make provision of essential nutrients to the individuals, which are necessary to stay healthy, physically and psychologically. Factors highlighting the significance of food and nutrition are, leading to effective growth and development of individuals; making provision of essential nutrients; promoting good health, physically and psychologically; maintaining body weight; controlling the functions of the body and incurring the feelings of pleasure and contentment among individuals. Functions of food are physiological, social and psychological. Factors influencing food and nutrition are, possession of financial resources, food preferences, methods to prepare food items, religious backgrounds, cultures, health problems and illnesses, organization of functions, emotional influences, job duties and responsibilities and utilization of technologies. Finally, it can be stated, focusing on food and nutrition contributes significantly in promoting good health and well-being of the individuals.

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