

Impact Of THE FOODS on YOUR PLATE

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Globally, as nations have urbanized and citizen incomes have increased, traditional diets (typically higher in quality plant-based foods), have transitioned to a “Western-style dietary pattern,” characterized by high consumption of calories, highly processed foods (refined carbohydrates, added sugars, sodium, and unhealthy fats), and high amounts of animal products

Along with the negative human health impacts associated with this nutrition transition, this dietary pattern is also unsustainable with defined daily consumption ranges for each food group. This dietary pattern—characterized by a variety of high-quality plant-based foods and low amounts of animal-based foods, refined grains, added sugars, and unhealthy fats—is designed to be flexible to accommodate local and individual situations, traditions, and dietary preferences.

In fact, food is part of who we are. It's part of our habits and cultures. Our bodies run off of calories and nutrients. We get our energy and maintain our health from good food. We normally don't pay attention to the power that food and nutrition have over our bodies. We need to respect that food is fuel. Too much of it, or too much of only one kind of it will give our body wrong instructions which can lead to obesity, deficiencies or diet-related diseases

The food we eat gives our bodies the "information" and materials they need to function properly. If we don't get the right information, our metabolic processes suffer and our health declines.

In short, what we eat is central to our health. Consider that in light of Webster's definition of medicine: "The science and art dealing with the maintenance of health and the prevention, alleviation, or cure of disease." Food acts as medicine--to maintain, prevent, and treat disease.

In addition, we never pay attention to the process, time it takes from farm to fork and definitely never thought of it is sustainability

The brain needs a lot of nutrients to function and keep us in the right state of health. Eating well helps to reduce the risk of physical health problems like heart disease and diabetes and many more. It also helps with sleeping patterns, energy levels, and general health.

We might have noticed that our mood often affects the types of food you choose, as well as how much you eat. Some foods can lift your mood, energy levels, and concentration, while others can have the opposite effect.

Eating lots of fresh fruits, vegetables, nuts, and whole grains, healthy protein as you can see in the picture below can improve the state of ones health thereby reducing the risk of some mental health conditions such as depression, while eating foods that are high in sugar and saturated fat may increase the risk of diseases.

Having a healthy, balanced diet plays an important role in your overall health and wellbeing.