

Nutrition as a cure.

Lee Yevgeniy Igorevitch

Belarusian State Medical University, Minsk

Tutor - Tikhonovitch Irina Ivanovna, Belarusian State Medical University, Minsk

Introduction

Food is one of the basic human needs and our eating habits directly determine our health. Due to lack of knowledge, people have poor or inadequate nutrition that leads to serious health issues.

Aim of the study

To find out the importance of proper nutrition and optimal proportions of daily meals, assess the effects of a recommended diet.

Materials and methods

A review of several scientific articles, lectures and written works of nutritionists was made. In addition, internet websites were used, and a questionnaire was compiled

Results

The survey revealed that students and young adults do not incorporate enough plant-based food in their diet on a daily basis.

Conclusion

Nutrition plays a major role in our health status and neglecting may cause diseases. The obtained data of my studies have revealed that even though nutritionists have differences in their approach towards ideal meal proportions and nutrient sources, they all agree that a large portion of a meal should consist of vegetables and fruits (a plant-based diet) as they are very nutrient-dense. Adhering to such a paradigm can cure even such chronic diseases as diabetes and hypertension. The findings of a questionnaire clearly demonstrated that students do not eat enough plant-based food that may lead to health problems in future.