

Some important definitions

Nutrition: Nutrition is the “the science of foods, the nutrients and other substances therein; their action, interaction, and balance in relationship to health and disease; the processes by which the organism ingests, digests, absorbs, transports, and utilizes nutrients and disposes of their end products. In addition, nutrition must be concerned with social, economical, cultural, and psychological implications of food and eating.”

Nutrients: Nutrients are the constituents in food that must be supplied to the body in suitable amounts. This includes water, proteins and the amino acids of which they are composed, fats and fatty acids, carbohydrates, minerals and vitamins.

Malnutrition: Malnutrition is an impairment of health resulting from a deficiency, excess or imbalance of nutrients. It includes UNDERNUTRITION, which refers to a deficiency of calories and/or one or more essential Nutrients, and over nutrition which is an excess of one or more Nutrients and usually of calories.

Health - health is defined by the world health organization of the United Nations as the “state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.

Calorie - It is the amount of heat required to raise the temperature of 1gm of water through 1^oc

Dietary Fiber – Dietary fibers include a no of polysaccharides and lignin that are not digested by the enzymes of the gastrointestinal tract.

Balanced diet: Balanced diet is a diet consists of food from different food groups in such quantities and proportion that the requirement of calories protein and other nutrients are adequately met and some extra nutrients are there to withstand short duration of leanness.