



MODERN LIFE STYLE AND NUTRITION IN THE LIGHT OF NUTRACEUTICALES AND NUTRITION SUPPLEMENTS

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ABSTRACT

Modern Life style and Nutrition in the light of Nutraceuticals and Nutrition Supplements It is a fact beyond doubt that the modern stress and strain of life has very adversely affected our nutrition there by making us vulnerable for various deficiency disorders. Understanding the role of nutraceuticals and nutritional supplements can be of great help in our daily routine to get rid of such deficiencies in a simple and practical way. In recent years human population has experienced a rapidly changing atmosphere newer inventions dependency on scientific gadgets competitive life has changed the way we use to live say 30 years earlier. This newer way of living has disturbed our peace and many other aspects of simple life. It has markedly changed our dietary patterns and also affected nutritional status of everyone by and large. The paper here in raised the nutritional issue and tries to an extent to offer some simpler ways to overcome the situation.

NUTRITION

Nutrition is 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 is concerned with social, economic, cultural and psychological implications of food and eating. In short, nutrition

science is the area of knowledge regarding the role of food in the maintenance of health.

Health is defined by the World Health Organization as the State of complete physical mental and social well being and not merely the absence of disease and infirmity.

The essential requisites (or dimensions) of health include the following:

- * Achievement of optimal growth and development, reflecting the



full expression of one's genetic potential.

- * Maintenance of the structural integrity and functional efficiency of body tissues necessary for an active and productive life.
- * Ability to withstand the inevitable process of ageing with minimal disability and functional impairment, and
- * Ability to combat disease, such as –
 - a) Resisting infections (immunocompetency)
 - b) Preventing the onset (and retarding the progress) of degenerative diseases and cancer and
 - c) Resisting the effect of environmental toxins and pollutants.
- * Mental health.
- * Social well being is the ability to live in harmony with others.

Nutrients are the constituents in food that must be supplied to the body in suitable amounts. These include carbohydrates, fats, proteins, minerals, vitamins and water.

Chemical substances obtained from food and used in the body to provide energy, structural materials and regulating agents to support growth, maintenance and repair of the body's tissues. Nutrients may also reduce the risks of some degenerative diseases.

Nutraceuticals and nutritional supplements are grouped in the subsequent categories like 1 Dietary supplements, 2 functional food Vitamins and Minerals, 3 Healing food and Pharmaceuticals. Nutraceuticals are derived from different types of herbals, fruits and marine resources Nutrition, Supplements are taken from various naturally occurring substances and Fish Oils, Vitamin B etc

Nutraceutical and nutraceutical product

Word **nutraceutical** derived from (nutrition + Pharmaceutical) is a commercial term used for foods as food products that might help to prevent and treat deficiency.



Nutraceutical product is a food or fortified food product that not only supplements the diet but also assists in treating or preventing disease/deficiency. They provide medical benefits. Nutraceutical are not tested and regulated to the extent of pharmaceutical drugs.

The dietary supplement and conventional food

The Conventional foods are foods that are not dietary supplements but ingested as a part of diet not as supplements to diet... A dietary supplement is a product taken by mouth that is intended to supplement the diet and that contains one or more dietary ingredients.

Nutraceutical may include

- * Minerals, Vitamins and other dietary supplements.
- * Herbal products, Garlic (allicin), Ginger, Echinacea, Ginseng, Liquorice, Onion, Senna, Turmeric.
- * Dietary Enzymes: - Bromelain, Papain
- * Dietary fiber
- * Phytonutrients resveratrol
- * Carotenoids :- Lycopene

* Prebiotics :- A more items

A word about nutraceutical supplement

Is a broad umbrella term that is used to describe any product derived from food sources with extra health benefits in addition to the basic nutritional value found in food ... The term “nutraceutical” Combines two words “nutrient” (a nourishing food component) and “Pharmaceutical “ (a medical drug)

Composition of Body

Chemically human body, when analyzed, is found to contain carbon, nitrogen, hydrogen, oxygen, calcium, phosphorus, magnesium, sulfur, sodium, potassium, manganese, silicon, iron, copper, zinc, lead, lithium, cobalt, molybdenum, selenium. Most of these chemical elements are united to form inorganic (mineral) compounds and organic (carbon) compounds. Though present in minute quantities or trace, iron, copper, cobalt, iodine, fluorine, zinc, manganese, molybdenum, selenium, iodine play essential role.



Inorganic compounds are hydrochloric acid, ammonia and salts e.g. calcium phosphate in bones, sodium chloride in blood, urine and gastric juice, ammonia in urine etc.

Organic compounds are nitrogenous e.g. proteins and non-nitrogenous e.g. carbohydrates and fats. These inorganic and organic compounds of which the body is built, enter the body in the food that we eat. Foods are changed by the process of digestion into suitable forms which enter the blood stream and are carried to all the cells of the body.

Food Nutrients

A food is a substance which when ingested builds and repairs the tissues, provides heat and energy, and regulates the body processes synthesizes complex chemical structures like enzymes hormone etc. Foods are made of nutrients, also called constituents or food principles. The food nutrients are proteins, fats, carbohydrates, mineral salts, vitamins and water.

Foods valued as source of protein

Milk, Eggs, Cheese, Meat, Fish, Nuts, Peas, Beans, Lentils, Peanut butter.

Foods valued as source of fat

Butter, Cream, Vegetable oils, Vanaspati, Meat Fat, Ice cream.

Foods valued as source of carbohydrate

a) Starches :- Flour of cereals, Rice, Bread, Potatoes.

b) Sugars :- Cane Sugar, Glucose, Lactose, Jams, Jellies.

Foods valued as source of minerals and cellulose

Whole grain cereals, Vegetables and Fruits.

Foods valued for calcium

Milk, Cheese, Eggs.

Foods valued for iron

Egg yolk, Whole grain cereals, leafy green and yellow vegetables.

Foods valued for Phosphorus

Milk, Eggs, Meat, Cheese, and Whole grain cereals, Nuts, Vegetables.

Foods valued as sources of vitamin A



Liver, Egg, Ripe mangoes, ripe tomato, ripe papaya Carrots, Cabbage, Drumstick leaves, Spinach, Amaranth, Curry leaves, Butter.

Foods valued as sources of vitamin B group

Whole wheat products, Bajra, Whole legumes, Gingellyseeds, Peanuts, Cashew nuts, Liver, Yeast.

Foods valued as sources of vitamin C (Ascorbic Acid)

Indian gooseberry (Amla), Guava, Oranges, lemons, Cabbage, Drumstick leaves, other rawfruits and salads.

Foods valued as sources of vitamin D

Butter, Fish liver oils and Eggs.

Foods valued as sources of vitamin E

Wheat germ oil, Whole grain cereals and Green leafy vegetables.

Water

Life cannot survive without water, though it can survive without food for some time. The body cannot function without it. All living cells have water as

component. It forms about two-thirds of weight of body.

Modern life style has badly affected food habits this results in various deficiencies. Modern cooking has also contributes to poor nutritious diet

Here are some tips that can help us maintain better diet supplementation even in modern stress full conditions

Ten things to change in your lifestyle

* If you have to take a heavy lunch in meetings or seminars, keep your breakfast ultra-light. Also feed your clients the seven course meals, but u restrict yourself to you stick to one or two dishes .

* Even if your company pays for the food on your outstation flights, skip that .

* Don't order the complete thaali from the office canteen and also try to skip at least dessert from one meal.

* Munching does not always mean fried snacks. One can replace with some nuts?



- * Cut out two mugs of tea /coffee from your current intake. Say no to the stuff from vending machines, it has more added sugar. One can also switch to herbal tea.
- * Fast food means fast flab too and has more salt than you need. Avoid whenever possible
- * Carry water, fizzy drinks only appear to quench your thirst but actually not and also add on the calories.
- * Did you know that thirst is often mistaken as hunger? So first have water, and then if you're still hungry, eat.
- * Restrict your TV time eating.
- * Don't stock munchies where easily available. When you have to walk a little to get them , you might be missing few of them.

These tips may vary depending on your job. If you are a salesman who is out in the sun all day think! Weather you get enough fluids or not? A chartered accountant who spends his days sitting in air-conditioned surroundings does not need a heavy breakfast . An executive who

has to eat out a lot should not load with carbohydrates. A call center executive who gets no sleep at night should avoid heavier dinner. Eat right meal at right time according to your job.

Eating right has got to do with much more than just a person's physical constitution, says nutritionist Ishi Khosla. What you should eat depends on your daily routine, what food you get in your office canteen and seasonal vegetables at the local greengrocer. As Supriya Dhankar, students, rightly complains, I know what is low-cal. But how practical is it to stick to the diet stuff? Rakshit Tokas, a call centre employee, second her. It's ironic that just as I'm logging on to the latest diet site, the samosawala passes by. Needless to say, will power does not remain that strong all the time.

Given most of our lifestyles today, following a diet is usually quite difficult. With every hour scheduled to resonate with that Friday Forum meeting or a lunch with a client, sticking to a fixed diet pattern is a tough task.



Forget giving up on your favorite foods. Instead understand your lifestyle, and by making small adjustments to whatever you eat now, you're on your way to a healthier diet.

Recommendations

Although nutrition is important, healthy eating is not just about taking the right nutrients. Remembering;

- * If you dislike eating alone, organize regular potluck meals with friends and neighbors.
- * Select foods that supply contrasts in color, texture and flavor, avoid adding salt to improve flavor, instead use herbs and spices.
- * It helps together a good mix of age around you it will make the transition to old age more varied and enjoyable.
- * Maintain old friendships and make new contacts. Go for walks to the nearby park.
- * Eat at least five servings a day of fruits and vegetables such as carrots, peppers, melons and berries. These contain compounds that protect against aging elements like heart diseases and cancer.
- * Opt for foods not supplements. Beta carotene-rich foods are one of the top sources of key nutrients promising anti-aging.
- * Cook vegetables in as little liquid and for as short a time as possible.
- * Make sure to drink six to eight glasses of water, juice or other non-alcoholic fluids everyday to avoid constipation, kidney problems and increased risk of dehydration.
- * Exercise regularly in the form of walks or yoga to preserve muscle strength, improve appetite and mood.
- * If you have trouble chewing opt for pureed vegetables, soups and other nutritious foods rather than bland liquid diet, which can lead to constipation.
- * Including Omega 3 fatty acids in your diet, which you can get from flax seeds, canula oils and fish.

Don't change your diet drastically. Gradually include the nutrients and requirements for old



age. People over 85 are one of the fastest growing segments of the population, proving that you can live longer and healthier if you practice good food habits.

Best foot forward

Is the daily work pressure and stress playing havoc with your nerves? Are you under a lot of pain? Try foot reflexology, an art that relaxes muscles and rejuvenates them. And in the process opens up the blocked areas in the body. An hour of foot reflexology can even put you off to sleep. There are 23 pressure points in the body and each has a related organ, by pressing that particular pressure point, we can figure out the illness and can cure it. The main benefits of this alternative therapy are.

- * The body and mind are strengthened and rejuvenated.
- * It increases flexibility.
- * Nervous system is balanced.
- * Blood and lymph circulation is improved.
- * An increase in energy levels.

* Opens up the blocked areas in the body.

Diet for expecting mothers

The calorie intake should be increased by 15 percent in the first trimester. Then, it's around 300 calories per day. The protein requirement during this phase is about 10 – 15 gm on an average. Moms-in-waiting also need to stock up on folic acid (raw fruits, green vegetables, whole grains and sprouts), iron (liver, beans, bitter gourd, cauliflower, cabbage) Vitamin C (lime, orange, guava) and Calcium (milk). Caffeine (cola drinks, coffee) intake should be reduced and water intake should be increased to about six-eight glasses a day.

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