CONCEPTUAL DRAFT OF RELATIVE ABRUPTNESS OF DIET: A THEMATIC APPROACH

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Abstract-The purpose of the manuscript was to present and ideal thematic concept of effects of diet on variants of conditions and optional planning to improve the quality of life. Following a healthy eating plan -- one which emphasizes many fruits and vegetables, whole grains, low-fat dairy products and lean proteins, as well as low levels of saturated and trans fats and low cholesterol, sodium and sugar -- contributes to weight maintenance. Staying within your recommended daily calorie intake and eating moderately sized meals also helps you maintain a healthy weight throughout your life. A healthy weight is linked to a reduced risk of many debilitating, chronic diseases, such as diabetes and heart disease, as well as improved self-esteem and mental state. Maintaining a healthy weight is also linked to a lower incidence of depression, meaning healthy eating can help significantly improve the quality of your life.

Key words- Diet, Activity, Energy level and Conditions.

I. INTRODUCTION

When you eat food containing carbohydrates, your blood sugar rises. How fast and how much it increases depends on how quickly your body is able to break down the food. One way of measuring this is the glycemic index, which ranks food on a scale from 0 to 100 based on how it affects your blood sugar. Foods with a high glycemic index are quickly broken down and cause sharper spikes in blood sugar levels, followed by dramatic drops.

Why does this matter? For one, sharp blood sugar fluctuations can increase your risk of Type 2 diabetes, and research has tied diets rich in high glycemic foods – such as white bread, white potatoes, soft drinks and candy – to increased risks of heart disease, diabetes and obesity. "Fluctuating blood sugar causes fatigue, and high levels of insulin can lead to weight gain," says Dr. Kristine Arthur, internist at Orange Coast Memorial Medical Center in Fountain Valley, California. "Over time, this can also cause chronic inflammation in the body."

Controlling blood sugar and diet can also lead to:

Sustained energy levels. By opting for low-glycemic foods, you immediately help your body better regulate its blood sugar. This is better for short-term energy levels. "When you avoid that afternoon urge to have a donut and a soda, you immediately avoid this spike in blood sugar followed by the inevitable crash," Arthur says. "By choosing a balanced snack of protein and carbs – like an apple with peanut butter or nuts – you are buying yourself balanced blood sugar and sustained energy levels for the next few hours."

Greater mental clarity. Blood sugar fluctuations can also affect your mental clarity in the short term.Low-glycemic foods release a slower, sustained amount of glucose into your body, which can optimize focus, according to The Franklin Institute. Research has shown that dips in blood sugar – common when you haven't eaten in a while or when your body is recovering from a spike – can impair concentration, learning and memory.

II. CUT BACK ON CAFFEINE TO IMPROVE MOOD

Many of us would meet that afternoon slump with a cup of coffee, soda or energy drink. But research suggests that caffeine raises cortisol – the "stress hormone" – and chronically high cortisol levels can damage immune health. In the short term, cortisol can make it difficult to handle pressure, and caffeine exacerbates the hormone's effects. In other words, skipping a caffeinated drink can immediately help regulate this hormone and its short- and long-term effects.

III. COMMIT TO A HEALTHY LIFESTYLE

"The benefits evolve over months, sometimes years. Physiologic changes will start quickly, but the true effect takes time," says Dr. Mark D. Lurie, cardiology director at Torrance Memorial Medical Center in Torrance, California. Delayed gratification is better than no gratification at all, but having to wait for the dramatic effects of a healthy lifestyle may drive some people to give up. A measure of trust has to go into eating right and being active – trust that your body is making changes here and now, despite the fact that those results aren't as visible as a drop in your pant size. "Broccoli may not taste as good as fried onion rings, and watching TV may not leave us with the sore muscles of a good workout," Lurie says. "But we all have to have our eyes on the prize – and the prize is lifelong good health."

IV. DISCUSSION ON MOOD, ENERGY AND INSPIRATION

Healthy eating can have a positive impact on your life by leading to a more sustained elevated mood.

According to Susan Biali, M.D., in "Psychology Today," a healthy lifestyle -- including a regular, healthy breakfast, balancing your lean protein consumption with whole-grain carbohydrates, getting enough folate and omega-3 fatty acids and cutting back on alcohol and simple sugars -- has been linked to an improved mood and may even help alleviate depression. Carbohydrates allow the amino acid tryptophan to enter the brain where it produces serotonin -- the mood-enhancing neurotransmitter, but whole-grain carbohydrates produce a more lasting effect on mood, while carbohydrates made with refined grains, like white bread, cause a quick crash.

Eating the right nutritive foods can also boost your energy levels, making you prepared to face each day. Sports nutritionist Rebecca Scritchfield noted in "Washington Running Report" in 2009 that adequate levels of the mineral iron, which carries oxygen throughout the body, contribute to sufficient energy levels. Healthy, leafy greens, like spinach, are rich sources of iron. "Arthritis Today" recommends steering clear of fattening, fried foods -- which give you a quick burst of energy but leave you feeling depleted soon thereafter -- and stocking up on healthy snacks like nuts, fruit, yogurt and low-fat cheese for an energy boost. Drinking enough water and only consuming moderate amounts of caffeine and sugar also help regulate your energy levels.

Eating healthy doesn't just directly impact your own life, it can help inspire those around you as well. Healthy eating, and even weight loss, is contagious, according to the "International Journal of Behavioral Nutrition and Physical Activity," and you can help the people you care about take care of themselves and achieve greater longevity. While eating better and maintaining your own weight, you can feel confident you have not only worked to improve your life, but also improved the lives of your loved ones. When the people around you -- be they friends or family -- are happy and positive, this contributes to a better quality of life for all.

CONCLUSION

A Joint WHO/FAO Expert Consultation on Diet, Nutrition and the Prevention of Chronic Diseases met in Geneva from 28 January to 1 February 2002.The meeting was opened by Dr D. Yach, Executive Director, Non communicable Diseases and Mental Health, WHO, on behalf of the Directors-General of the Food and Agriculture Organization of the United Nations and the World Health Organization. The Consultation followed up the work of a WHO Study Group on Diet, Nutrition and Prevention of Non communicable Diseases, which had met in 1989 to make recommendations regarding the prevention of chronic diseases and the reduction of their impact .

The Consultation recognized that the growing epidemic of chronic disease afflicting both developed and developing countries was related to dietary and lifestyle changes and undertook the task of reviewing the considerable scientific progress that has been made in different areas. For example, there is better epidemiological evidence for determining certain risk factors, and the results of a number of new controlled clinical trials are now available. The mechanisms of the chronic disease process are clearer, and interventions have been demonstrated to reduce risk.

During the past decade, rapid expansion in a number of relevant scientific fields and, in particular, in the amount of population-based epidemiological evidence has helped to clarify the role of diet in preventing and controlling morbidity and premature mortality resulting from non communicable diseases (NCDs). Some of the specific dietary components that increase the probability of occurrence of these diseases in individuals, and interventions to modify their impact, have also been identified.

Furthermore, rapid changes in diets and lifestyles that have occurred with industrialization, urbanization, economic development and market globalization, have accelerated over the past decade. This is having a significant impact on the health and nutritional status of populations, particularly in developing countries and in countries in transition. While standards of living have improved, food availability has expanded and become more diversified, and access to services has increased, there have also been significant negative consequences in terms of inappropriate dietary patterns, decreased physical activities and increased tobacco use, and a corresponding increase in diet-related chronic diseases, especially among poor people.

Food and food products have become commodities produced and traded in a market that has expanded from an essentially local base to an increasingly global one. Changes in the world food economy are reflected in shifting dietary patterns, for example, increased consumption of energy-dense diets high in fat, particularly saturated fat, and low in unrefined carbohydrates.

THE TREND TO CONSIDER PHYSICAL ACTIVITY ALONGSIDE THE COMPLEX OF DIET, NUTRITION AND HEALTH. SOME RELEVANT ASPECTS INCLUDE (as per WHO report):

- Energy expenditure through physical activity is an important part of the energy balance equation that determines body weight. A decrease in energy expenditure through decreased physical activity is likely to be one of the major factors contributing to the global epidemic of overweight and obesity.
- Physical activity has great influence on body composition ---on the amount of fat, muscle and bone tissue.
- To a large extent, physical activity and nutrients share the same metabolic pathways and can interact in various ways that influence the risk and pathogenesis of several chronic diseases.

- Cardiovascular fitness and physical activity have been shown to reduce significantly the effects of overweight and obesity on health.
- Physical activity and food intake are both specific and mutually interacting behaviours that are and can be influenced partly by the same measures and policies.
- Lack of physical activity is already a global health hazard and is a prevalent and rapidly increasing problem in both developed and developing countries, particularly among poor people in large cities.

In order to achieve the best results in preventing chronic diseases, the strategies and policies that are applied must fully recognize the essential role of diet, nutrition and physical activity.

This report calls for a shift in the conceptual framework for developing strategies for action, placing nutrition --- together with the other principal risk factors for chronic disease, namely, tobacco use and alcohol consumption --- at the forefront of public health policies and programmes.

RECOMMENDATION- BALANCE THROUGH EXERCISE

"Exercise helps your breathing, which lowers your heart rate and blood pressure almost instantly," says Dr. Nicole Weinberg, a cardiologist with Providence Saint John's Health Center in Santa Monica, California.

These benefits aren't only good for your cardiovascular system – they also help your mood. The rush of endorphins during physical activity can immediately boost your mood and reduce stress levels.

And like diet, exercise has immediate effects on blood sugar, minimizing energy peaks and valleys throughout the day.

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