

UNIT 19

Learning aim A: Understand concepts of nutritional health and characteristics of essential nutrients

In this report I will be explaining how the concepts of nutritional health contribute to health and wellbeing alongside studying 2 individuals Dana and Dan.

Dana is a 14 year old Jewish girl with type 1 diabetes. Type 1 diabetes causes the levels of glucose in your blood to become high. This means that her condition is controlled by insulin. Insulin is a hormone made in your pancreas. It helps your body use glucose (sugar) for energy. In type 1 diabetes your pancreas no longer makes insulin, so you have to inject it to control your blood glucose levels. Dana enjoys doing sports. But Dana does not have a balanced diet, if her sugar levels go low it could impact her a lot. Dana lives with her single mother who has a low income wage. This makes it difficult for Dana and her family to have balanced diets due to low income as they would be unable to afford healthy nutritious food.

Dan is a 85 year old muslim man. This would make his diet have restrictions due to his religion for example not eat certain foods and eating halal. Dan is retired and is living on a low income. He lived alone, his wife had passed away. Dan has crohn disease. Crohn's disease is a lifelong condition where parts of the digestive system become inflamed.

A1- concepts of nutritional health

Health is much more than the absence of disease. It is a positive quality, emphasizing physical, social, intellectual, emotional, and spiritual well being. Optimum nutrition, providing all nutrients in both kind and amount, is the cornerstone of good health and the cutting edge of prevention. The foods we eat, and the nutrients they should provide, are the most important continuing environmental factors influencing our growth, development, functional abilities, and health. Nutritional knowledge, with education of both the general public, and particularly health professionals is critical if we are to succeed in significantly reducing the excessive premature morbidity and mortality from our leading killer diseases - heart disease, cancer, and stroke. How we structure our lifestyles, with proper nutrition, health habit discipline, and exercise programming, will have a great influence on personal health, and will help reduce our current catastrophic medical care expenditures. The eat well plate shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks. Vitamin and mineral supplements are not a replacement for good eating habits. The eat well plate provides some alternatives and switches out the unhealthy food with healthier one. Individuals who require a special diet seek advice from professionals such as a dietician or nutritionist, they will advise individuals on what they should take and they will also consider if they have any deity restrictions.

The eat well plate could also be negative as there are several flaws in the eat well Guide when it comes to determining portion sizes. But they could also be positive as The eat well Guide makes healthy eating easier to understand by giving a visual representation of the

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Anthony S. Fauci



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