



Optimal diet and civilization diseases

According to reports by the World Health Organization (WHO), almost 70% of all deaths are caused by all over the world are non-communicable diseases, which include primarily the most common civilization diseases, such as obesity, heart disease, cancer and type 2 diabetes.

The main risk factor for these diseases is an incorrect lifestyle - an inadequate diet and lack of physical activity and the use of stimulants. These elements undoubtedly depend on us ourselves, so it's worth knowing how to take care of a proper diet so that it has a positive effect on our health.

A proper diet is of particular importance in the prevention and treatment of most civilization diseases. It will play a major role in the case of obesity and cardiovascular diseases (e.g. hypertension, coronary artery disease, atherosclerosis), gastrointestinal diseases (e.g. caries, peptic ulcer disease, gastroesophageal reflux disease) and in osteoporosis, allergies or type 2 diabetes.

There are some universal principles that can be used for prevention and treatment most of these diseases, but often depending on health, lifestyle, and individual food preferences should undergo some modification.

Diet and civilization diseases

There was a close relationship between the food consumed and human health and life expectancy noticed for a very long time. Adequate diet in the context of civilization diseases can be important in several aspects - in prevention, maintaining the proper condition of the body and in the treatment of diseases, alleviating their symptoms and ailments.

Currently best rated by diet experts include the DASH, Mediterranean or flexitarian diets at the same time, high nutritional value, safety, and ease of use. All those nutrition models have some common elements that undoubtedly make them pro-health nature. They are mainly characterized by a high consumption of plant products as well less consumption of animal products. This translates into substantial consumption monounsaturated and polyunsaturated fatty acids, low intake of saturated fatty acids fatty foods, as well as a higher intake of dietary fiber and antioxidants - substances reducing the excess of free oxygen radicals in the body that contribute to development civilization diseases.

In turn, consuming the right amount of fiber in your diet can positively affect the microflora of the gastrointestinal tract and reduce the risk of developing it cardiovascular diseases, cancer, type 2 diabetes, and gastrointestinal diseases incl constipation.

Research indicates that increasing your dietary fiber intake by 10 grams a day is related with a 14% reduction in the risk of developing heart disease and a 27% reduction in the risk of dying from coronary heart disease.

Optimal diet in the prevention of civilization diseases

The best diet is a well-balanced diet that we can follow in the long term. It should meet the demand for all the necessary nutrients - proteins, fats and carbohydrates and vitamins and minerals. The energy value of such a diet should be individually adjusted depending on the goal we want to achieve and the state of health. Such a diet it should also be based on low-processed product

However, they are not advisable unjustified elimination of large groups of food products, e.g. cereal products or dairy products. We perform all kinds of elimination in the diet only after a medical diagnosis in consultation with your doctor and dietitian to avoid possible nutritional deficiencies. Dietary deficiencies can worsen your health or increase your risk of developing other diseases, e.g. anemia.

To avoid this vicious cycle, it is worth basing your daily diet on principles of rational nutrition. According to the current guidelines, the basis of the diet should be mainly vegetables and fruits. Use raw products whenever possible (if well tolerated) and seasonal. Vegetables should be added to virtually everyone the meal you eat, because they provide a valuable source of vitamins and minerals, but also fiber that helps regulate intestinal peristalsis; and antioxidants help fight against stress.

The diet should be supplemented with cereal products that are a good source complex carbohydrate. It is best to choose wholegrain products: flour bread low-clean with grains inside, whole grain pasta, brown rice and groats, such as: millet, pearl barley, buckwheat. At the same time, highly purified products should be avoided, which include white bread, wheat pasta and white rice. They are characterized by definitely lower content of B vitamins and individual minerals, e.g. potassium, magnesium and iron, and the demand for these ingredients may increase in case of more stress. An important element for maintenance proper health will also include the right choice of protein in your diet. A good source there will be lean meat (e.g. chicken breast, turkey, lean pieces of pork, beef veal), fish, eggs and milk and milk products. It is also worth increasing the consumption of legumes, which are also a rich source of iron, zinc, copper and potassium, and dietary fiber.

According with recommendations, avoid fatty meats and eating meat too often red. They should also have their place in a properly composed diet nuts, which are a concentrated source of nutrients, and seeds, pips and oils vegetable oils, such as good-quality olive oil, rapeseed oil and linseed oil. Key Choosing the right fluids is also important. Preferably the majority is water. Adequate water consumption (minimum 1.5 liters per day) has a positive effect on functioning practically all systems in the human body, especially the circulatory system, the system urinary tract, preventing kidney and gastrointestinal diseases, reducing, for example constipation.

The diet of the future - a plant-based diet

Currently, plant-based diets are experiencing a real renaissance. Not only among Internet users, but also among scientists. This is evidenced by the report published on January 16 this year presented by experts from the medical journal The Lancet and the EAT Foundation the diet of the future.

According to experts, the diet of the future should be a diet based first and foremost o plant products and contain small amounts of meat and animal products. A growing body of research shows that vegetarians and vegans are well-balanced if their diets are well-balanced less exposure to some civilization diseases, such as type 2 diabetes, obesity, certain types of cancer and cardiovascular disease. The report covers more than just that health aspects and those related to nutrition, but also economic factors and considers environmental protection.

Not only the diet

Keep in mind that you are maintaining proper health and maintaining your well-being depends not only on the diet. It will also be important in the prevention and treatment of civilization diseases physical activity - both planned and daily. Increase your daily physical activity you can, for example, by replacing your car with a bicycle, increasing the amount of time you spend during the day for walking and walking, or by limiting the use of the elevator to climbing up the stairs.

According to the recommendations, the minimum amount of time spent by adults on additional

exercise should be 150 minutes per week if the intensity exercise is moderate or 75 minutes when dealing with strenuous exercise. Movement and exercise have a positive effect on the functioning of the body and its efficiency as well as on well-being, and by reducing the feeling of anxiety, they help to cope with stress and contribute yourself to improve your self-esteem.

It is extremely important in the prevention of civilization diseases there will also be other elements of our lifestyle - taking care of rest and sleep and avoiding excessive stress and addictions.