



Nutrition –life cycle approach to Holistic Health

P. Jyothi Kumari, HOD, Dept. of nutrition and dietetics

CH. S. D. St. Theresa's College for women, Eluru

Abstract: an attempt is made in this paper to present the nutrition –life cycle approach to holistic health. Optimal nutrition is the basis for health and wellbeing. Holistic nutrition is the modern natural approach to develop a healthy balanced diet taking into consideration of the person as a whole. Holistic health action includes emotional and spiritual health along with physical body. It's a fact for people who want to know more about the science of nutrition through life and how this affects health. Toddlers and pre-school children are growing rapidly and are active so their energy requirements are high relative to their body size. Pre-school children need nutrient dense foods, providing a good supply of protein, vitamins and minerals to support healthy growth and development. A healthy family approach to diet and lifestyle should be encouraged, as food preferences are often established during this early stage of life.

Key words: Nutrition, life cycle, Holistic Health

Analysis on Holistic Health

Optimal nutrition is the basis for health and wellbeing. Holistic nutrition is the modern natural approach to develop a healthy balanced diet taking into consideration of the person as a whole. Holistic nutrition is the way to holistic health. It is an approach to treat whole being. Holistic health action includes emotional and spiritual health along with physical body. The goal of holistic nutrition is to facilitate health recovery plan and to build strong foundation for long term effect. As nutrition is considered as science of food and its relationship with health, its prime function is to heal not only the symptoms but also the chronic conditions prevailing. Life style management is an integral part of holistic health. It is said that the food we eat will decide what we are. Food that has all the macro, micro nutrients play a vital role in keeping a person healthy. Macro nutrients like proteins are essential for growth, development and maintenance of the

body. They are also responsible for the synthesis of biological substances essential for the chemical reactions. Like way carbohydrates and fats provide energy for our daily activities, lacking which causes hindrance to our regular life style. Life style patterns will affect the intake and utilization of energy. The micro and macro nutrients along with water and fiber are essential for life despite of the stages of life. Requirement may vary but the nutrient need remains essential. Each stage has its need for various nutrients, in some major nutrients may take prominent place while micro nutrients may take maximum share on other stage. For instance, in childhood a nutrients like protein, energy along with Iron, Vitamin D and Calcium may be required more, while in adulthood Calcium, Iron, Vitamin D and fiber along with other nutrients take over, in maintenance of those stages. Hence it may be concluded that, the quantity of nutrients in different stages may vary, but need for



specific nutrients in every stage of life is considered to be inevitable

It's a fact for people who want to know more about the science of nutrition through life and how this affects health. Toddlers and pre-school children are growing rapidly and are active so their energy requirements are high relative to their body size. Pre-school children need nutrient dense foods, providing a good supply of protein, vitamins and minerals to support healthy growth and development. A healthy family approach to diet and lifestyle should be encouraged, as food preferences are often established during this early stage of life.

When a child enters their teenage years, they tend to start making their own choices about their own social life, nutrition and education. Although this can be seen as a positive step, physiological changes and peer influence can affect the teen acts. Teenagers may refuse certain types of food. They may skip breakfast and start eating a diet of fast food that won't give them essential fibre, vitamins and minerals, a growing body needs. Due to the accelerated growth period a teenager goes through, they need a balanced diet packed full of nutrients including calcium, iron and protein.

Once children reach the age of adulthood, the major growth and development will truly complete and the focus will be on the maintenance of active and healthy being. Following a balanced diet may help to minimize the age and weight related problems like cardiovascular diseases and type 2 Diabetes etc. By this time adult should know their dietary needs of their lives. Yet times, their knowledge of food is not relevant to what they actually practice.

They do consume many wrong foods like saturated fats, sugars and salts.

Conclusion

The nutritional needs and dietary requirements of older adults are quite different to that of young and middle-aged adults, and require a different approach. They require additional care and support from family, friends and health initiatives. As the age increases one begins to face a variety of challenges which pose a risk to health and nutrition. In extreme cases elderly individuals could become malnourished, resulting in the prevention of recovery from illness and an increased likelihood of developing more health problems. Additional adverse side effects may include fatigue and psychological problems such as anxiety and depression. The best way for an elderly individual to maintain optimum levels of health is to eat a balanced diet with Calcium, restriction on fat, enough of fiber, Iron, vitamin D and Zinc which caters to the specific nutritive needs of their age.

Adults who are serious about achieving a healthy lifestyle need to be proactive and use their knowledge of food and nutrition to help them on their way towards achieving their goals

Reference:

Nutrition through life - British Nutrition foundation