

HYGIENIC REQUIREMENTS FOR DIETARY NUTRITION

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Abstract: Malnutrition is one of the current global problems. Due to improper nutrition, millions of people in the world suffer from diseases related to the digestive system and die as a result. A number of scientific researches related to this diet are being carried out and applied to life by scientists of the world. Among these, one of the main ways is to involve the population in regular sports.

Key words: nutrient, vitamins, general, bacteria, viruses, fungi, microorganisms, parasites, drink, treatment, cardiovascular disease, hypertension, cancer

Nutritional disease, any of the nutrient-related diseases and conditions that cause illness in humans. They may include deficiencies or excesses in the diet, obesity and eating disorders, and chronic diseases such as cardiovascular disease, hypertension, cancer, and diabetes mellitus. Nutritional diseases also include developmental abnormalities that can be prevented by diet, hereditary metabolic disorders that respond to dietary treatment, the interaction of foods and nutrients with drugs, food allergies and intolerances, and potential hazards in the food supply. All of these categories are described in this article. For a discussion of essential nutrients, dietary recommendations, and human nutritional needs and concerns throughout the life cycle, *see* nutrition, human.

The need for each nutrient falls within a safe or desirable range, above which there is a risk of adverse effects. Any nutrient, even water, can be toxic if taken in very large quantities. Overdoses of certain nutrients, such as iron, can cause poisoning (acute toxicity) and even death. For most nutrients, habitual excess intake poses a risk of adverse health effects (chronic toxicity). Sustained overconsumption of the calorie-yielding nutrients (carbohydrate, fat, and protein) and alcohol increases the risk of obesity and specific chronic diseases (*see* below), and use of isolated amino acids can lead to imbalances and toxicities. However, for most individuals, the risk of harm due to excess intake of vitamins or minerals in food is low.

In 1997 the U.S. Institute of Medicine established a reference value called the Tolerable Upper Intake Level (UL) for selected nutrients, which is also being used as a model for other countries. The UL is the highest level of daily nutrient intake likely to pose no risk of adverse health effects for almost all individuals in the general population and is not meant to apply to people under medical supervision

Contamination of food or drink with disease-causing organisms - bacteria, viruses, fungi, and parasites can cause mild stomach upset, headache, muscle aches, and abdominal cramps from fever. , can cause symptoms ranging from vomiting and diarrhea. Severe cases can lead to dangerous dehydration, nerve damage, paralysis, kidney failure, and death. Symptoms can develop within hours or days after eating contaminated food, and it is not always easy to distinguish them from the flu or other illnesses. Drinking clear fluids (such as chicken broth, juices, and water) can help replace lost fluids and electrolytes during a mild infection, but immediate medical attention is needed when symptoms become severe. Most common are infants and young children, pregnant women, the elderly, and people with weakened immune systems or chronic illnesses. Particularly dangerous foods include raw or undercooked meat, poultry, eggs, seafood, unpasteurized (raw) dairy products, and juices.

Good personal hygiene and food safety practices are important in protecting against foodborne illness. The main source of contamination is fecal matter, which is reduced by frequently washing hands with soap and hot water, especially before preparing food. Thorough washing also decontaminates towels, surfaces, cutting boards, utensils, and other equipment that has touched uncooked meat. Other food safety guidelines include keeping cold foods cold, keeping hot foods hot, and refrigerating leftovers quickly.

Growth of microorganisms, parasites, and insects on certain foods (such as meat, poultry, spices, fruits, and vegetables) can be controlled by low-dose irradiation, which has been approved for specific uses in a number of countries, such as Japan, France, Italy, Mexico, and the United States. Food irradiation technology—which does not make foods radioactive—is considered safe by the World Health Organization and various health agencies, but it has yet to receive wide consumer acceptance.

Potentially dangerous herbal products include comfrey and kava, which can cause liver damage, and ephedra (ma huang), which has caused fatal reactions in some people, especially those with high blood pressure or heart disease. Because of possible complications, patients scheduled to undergo surgery or other medical procedures may be advised to discontinue certain supplements for days or even weeks before surgery. Safety and efficacy concerns also need to be addressed, as “designer foods” fortified with herbs and bioactive substances continue to proliferate. Useful guides for understanding malnutrition include THOMAS J. MARCHIONE (ed.), *Scaling Up; Scaling Down: Overcoming Malnutrition in Developing Countries* (1999); and FRANCES MOORE LAPPÉ and ANNA LAPPÉ, *Hope’s Edge: The Next Diet for a Small Planet* (2002); RICHARD D. SEMBA and MARTIN W. BLOEM (eds.), *Nutrition and Health in Developing*

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