NUTRITION AND HEALTH

ALIMENTATIA SI SANATATEA

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***Abstract**: Between diet and health is therefore no organic interdependence is manifested directly and acting on the typology of population growth, fertility behavior, birth, death and these in turn give a boost in positive or negative effect on social and economic development.*

***Key words:** nutrition, health, population, birth, death,*

INTRODUCTION

No need to demonstrate an organic relationship between the required health and nutrition. Since ancient times studies have been showing strong correlation between diet and physiological state of the human body. It is known that poor nutrition is one of the main causes, morbidity and mortality, the child's physical and mental work capacity, maintain lifelong health and the prevention of acute or chronic diseases. Therefore, based on human food consumption should stay balanced and quantitatively, the number of calories, and qualitative structure, having the weight of the rational elements of high nutritional value.

MATERIALS AND METHODS

Consumer needs of the population according to the literature may be expressed by energy consumption (calories) by eating the nutrients (proteins, lipids, carbohydrates) and consumption of micronutrients (minerals, vitamins, etc..).

a).Energy consumption. Human energy consumption is given by the quantity and quality of food necessary human activity, usually expressed as the number of calories from vegetable and animal origin.

Of course, the daily energy consumption needs, are different quantitatively (kcal. / day) by age (children, adolescents, adults, elderly), gender (male / female) and the biological status of the individual (health, maternity, lactation, etc.) All these variables are different types and groups and depending on variables that characterize the physiological status and their economic and demographic behavior.[3]

b) The specific nutrients. To maintain life and normal course of business, body, apart from energy consumption needs and nutrients. They are composed of proteins, lipids, carbohydrates, vitamins, minerals and water, elements that have different roles and functions in regulating the diet of each individual's daily ration, as shown in the following.

Protein needs can vary depending on various factors such as age, working conditions, effort, physiological state of the body. It is considered that the physiological need for protein for an optimal normal adult would be about 1.2 to 1.5 grams / kg.[3]

Fat needs also vary depending on several factors including age significantly detach (fat needs are higher in children and have a tendency to decrease with age once). Average daily fat requirement stands at January 2 grams per kilogram body weight normal. The average normal weight of fat in ration, as recommended by nutritionists, is] ⅓ - ½, vegetable fat, ⅔ - ½, animal fat. [3]

c) Specific consumption of micronutrients. This category includes mainly mineral elements that ensure the normal metabolic processes and biochemical processes of formation of plastic substances and vitamins in the body.

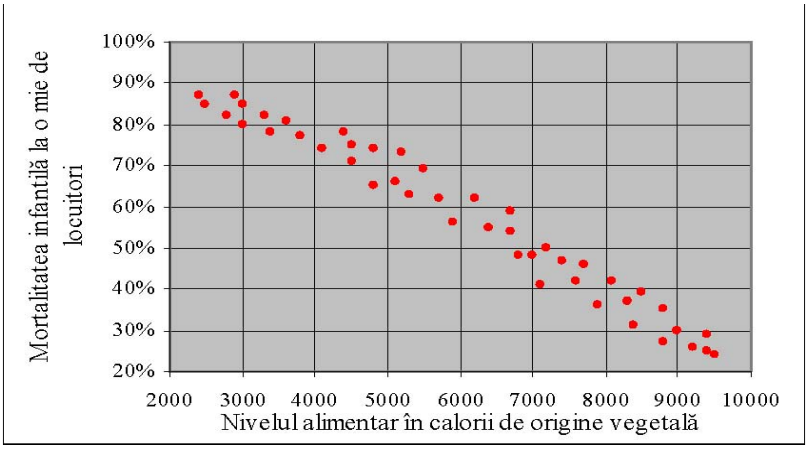
RESULTS AND DISCUTIONS

Between feeding and infant mortality is a direct relationship. Even more specialized studies in various countries prove that there is a closer correlation between the level of consumption per capita and infant mortality than between it and return the number of doctors per 10,000 population

A simulated model of the correlation between the level of infant mortality and the consumption could be presented in the following:

Chart. 3

Correlation between infant mortality and the model simulated food



Sourse: The Word Bank 2006, op.cit.

This explains the fact that of the 60 million people who die annually, 30 to 40 million people die prematurely from malnutrition and they are developing or underdeveloped countries [3].

Nutrition and morbidity. Impact on morbidity and malnutrition, weight status of children as evidenced by the data below.

Table No. 7

Relationship levels of GNP / capita. and the percentage of underweight children under 5 years

	Number of countries	PNB mld.$	Population - mil.pers.	PNB/inh $
40% and more	21	775	1.782	435
30% - 39%	13	221	800	276
20% - 29%	21	307	237	1.295
10% - 19%	21	3.551	2.109	1.684
Sub 10%	10	230	75	3.067
have not provided data	6	26.409	1054	25.056

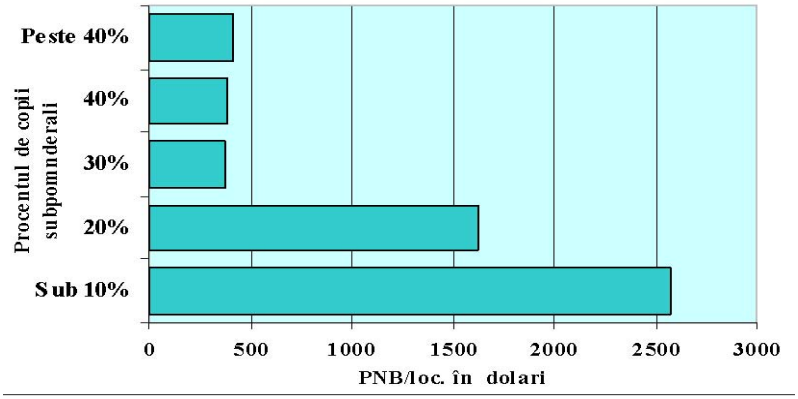
Source: The Word Bank 2006, op.cit.

Hence, those countries that receive a per capita income of about $ 435 the number of underweight children under 40% [1] of children under 5

years and the contrary countries with a per capita income of about seven times higher than the first group ($ 3.067) percentage of underweight children under five years is less than 10 percent [2].

Chart 4

The relationship between underweight children under 5 years and income per capita in dollars



Source: The Word Bank 2006, op.cit.

CONCLUSIONS

The conclusion that emerges is a simple and direct. To increase the population's health in the world population requires access to healthy food based on the accumulation of each nation. Governments can influence food policies encouraging the population to a healthy eating that eventually lead to increasing health of the population

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