ISSUES IN RESEARCH ON FOOD NUTRITION CLASSIFICATION

ASPECTE PRIVIND CLASIFICAREA PRODUSELOR ALIMENTARE ÎN CERCETAREA NUTRIȚIONALĂ

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Abstract: *Food provides the ideal quality for human consumption, influencing both the physical condition of man, and the mental.*
This paper offers a study on classification according to degree of food processing and the content of nutrients.

Key words: *healthy diet, classification, nutrients.*

INTRODUCTION

Food can be defined as any substance which when assimilated and absorbed into the blood:
- provides energy to the body
- they build or rebuild those cells destroyed.

Your body needs energy to grow and to make its essential function devices. Part of this energy is obtained through food, through which the chemical substances in food are assimilated.

We can say that food is best to stay as close as possible to natural base composition, i.e.: full, rarely cooked, organic, natural, but less subject to technological processes and cooking at high temperatures, as little sterilized, rich in nutritional value and vitality, so as close to state it in nature.

MATERIALS AND METHODS

The paper offers a study on food ordering system according to the "laws of nature", i.e. foods are unprocessed or have had at most a change and nutrient

content is in the appropriate report.

Classification generally reflects a concept representing a way to simultaneously distinguish the elements of a set consisting of objects or facts, from assets and ideas.

Classification of commodities, teaching, is a food grouping system that takes into account the origin, composition, properties merchandise, degree of technological processing and order products in 10 groups.:

I. Cereals, vegetables and products of their processing;
II. Vegetables, fresh fruit and processing products;
III. Sucrose, glucose, honey and confectionery;
IV. Taste products (spices, stimulants, soft drinks and alcoholic),
V. Food fats (vegetable, animal, mixed);
VI. Milk and milk products;
VII. Eggs and egg products;
VIII. Meat and meat products;
IX. Fish, other aquatic animals and products of their processing
X. Food concentrates and other feed mixtures.

To fully understand what a correct classification and ordering of food, according to the laws of nature, it is necessary to pursue the following two classifications of food.

A. The **means of life** is living food, which is either distorted or is modified by mechanical or fermentation. They still contain vital substances in quantities set by nature in a harmonious relation. As can be seen "means life" are natural products for nutrition which they occur have been harvested or have suffered more than a change in mechanical or fermentative process with their own enzymes. "Means of life" which have changed by heating or cooking culinary conservation are called "food".

There are following six categories:

1. The means of life absolutely natural. The grain crops are living (i.e. germinated or sprouted), nuts, raw vegetables and fruits (in the sense of fresh, not ripe). Among the animal origin we include raw milk and raw eggs, and some drinks, spring water.

2. The means of life varied by means of mechanical life. Are the oils obtained by cold pressing of oil seeds, fresh fruit juices, and fresh fruit salads. Dairy products like cream, skimmed milk, cottage cheese covered here because they are products obtained only by mechanical intervention. Of critical importance is that there are certain active substances found in fresh fruits, whole milk and fruit in oil, but not in freshly squeezed juices, because they remain in the debris from the press, that the cakes Press and skimmed milk. Vitamins are fully effective only in the presence of this group of active substances called auxoni (yeast). Thus, freshly extracted fruit juice, which however is more valuable than fruit cooked or heated, can not entirely replace the fresh fruit because waste containing auxoni are also consumed.

3. Means of living modified fermentative. In the next group those ways of living modified fermentative are found. These include yeast transformed its food, yeast and bacteria, such as juices fermented into lactic acid vegetables (e.g. sauerkraut), fermented milk and alcoholic beverages like wine and beer. The reduction in fermentative modified foods is based on the loss of vitamins by oxidation, because the processes of decomposition of food products from their yeast and bacteria, combustion processes are slow oxidation. To this disadvantage, there are some advantages in that the taste is enriched by the formation of substances with preventive actions such as lactic acid formation, which plays a role in preventing cancer. In addition, the yeast can produce vitamins (e.g. vitamin B1).

4. Modified foods by heating. Heating destroys its yeast and aromatic substances, reduces the vitamin content and destroys their balance because of their different sensitivity to heat. Different minerals are dissolved by the same factor and heat also changes the initial report of the mineral balance due to different solubility of their salts.

5. Modified foods through conservation. A more pronounced degradation and a group suffering from canned foods. Conservation is made by heating, drying and chemical processes. Chemical is added to the conservation of health damage by conservation agencies. Much of extremely harmful substances such as benzoic acid, boric acid, were limited by the new law that only allowed food and foods must be

mentioned. Freezing at very low temperatures, causing the lowest losses of vital substances. Conservation by cooling losses is even smaller, as temperatures are lower. At temperatures of -40 ° C no loss of vitamins may signal even after a year. At ordinary temperatures -18 º C loss vitamins is so small that practically can be neglected.

6. Modified foods during preparation. Foods with lowest iological value are in this category. All products included in this group were obtained by process technology, are part of life means products which have extracted some isolated nutrient status. Food produced in this way has very different effects than the original products. Thus, white bread flour and half-white and pasta foods fall among the lowest. The same is true for artificial fats, margarine and oils obtained by chemical, starch and sugar preparations.

B. The second classification arranges foods into four groups, after which they communicate **vital potential** of the human body:

a)."Biogen" Foods containing life. This is the ideal quality for human consumption in this category are: seeds, grains, legumes, herbs and vegetables as germinated or young shoots. At the beginning of their growth, plants are extremely rich in substances that strengthen cell vitality and allow regeneration constantly (vitamins, minerals, amino acids, enzymes, etc..).

b). "BIOACTIVE ' Foods activating life. This is the ideal base of food, in this category: berries, fruits, herbs, vegetables, legumes, seeds, cereals, oilseeds, mature and consumed in perfect condition, cruel. "biogenic" and "Bioactive" Foods form the category of living food. They have been provided by nature to ensure the life and welfare of human beings. Their consumption brings vitality and health at any age.

c). "Biostatic" Foods that slow life. In this category are foods whose vital functions have been diminished with time (raw food stored), cold (freezing, over freezing), or by heat (cooking). The use of biostatic food is the result of social customs. Consuming them allows the minimum function of the body, but involves aging cells because they are without the necessary living substances.

d). "Bioacide" Foods destroying life. They have become prevalent in Western nutritional mode. This includes all foods whose vital functions are

destroyed by physical or chemical processes of refining, storage or cooking. Food poisoning bioacide slows cells by harmful substances they contain. Any chemical added to food is harmful. Modern processes of agricultural and industrial treating food substance that paralyzes the body without food instinct, disturbing assimilation and blocking elimination. They gradually weakens the body's defense system, are the cause of many health disorders and diseases gate open so-called "civilization" (cardiovascular diseases, cancer, rheumatism, diabetes and other degenerative diseases) For example, sprouted wheat is biogenic, beans stored are bioactive , baking wheat is biostatic, and if treated with chemical conservation is bioacid. Picking fruit at maturity is bioactive, after storage and ripening biostatic, preserved with chemicals, it becomes bioacid..

Biogenic and bioactive foods (living food) bring energy to the body, while bioacide, biostatic foods take it. These foods whose vital forces were destroyed consumed in large quantities require a major rehab work and mobilize the body's immune system for hours (during digestion, they produce a powerful development of white blood cells), raising the same While blood pressure and temperature, etc.

It is not however to give up all these foods: if you eat 60-80% raw foods, you can easily metabolize 20-40% biostatic food and a few percent of bioacide food. To the extent that their consumption does not exceed disposal capacity a sense of well will be felt constantly. If, however, their amount is excessive, moodiness and fatigue will be felt, unpleasant symptoms, and diseases start becoming more frequent

CONCLUSIONS

1. Processes of intensive agriculture, chemical fertilizers and conservation techniques in the food industry are the causes of devitalized and poor food.
2. No food, even fully natural, there is still equivalent to the nutritional information and proper behavior with its untreated counterpart (that is heat treated over 40 º C or below -40 º C).
3. Biogenic and bioactive foods are of great value to correct the accumulated years of eating disorders. They contain in a natural form all the necessary quality elements that are vital to cell body vitality.

4. Nutrition affects the life of every cell in our body. Type of food eaten, their quality, as are biological or how contaminated with chemicals, how they are prepared, whether or refined foods are full of chemical additives and soaked all affect the entire body in a much higher degree than we guess..

5. It is recommended to consume foods: fresh vegetables and fruits not heat-treated or irradiated.

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