

Promoting a healthy diet (WHO)

The burden of disease associated with inadequate nutrition continues to grow in the Eastern Mediterranean Region. As in other developing countries, countries of the Region suffer from the double burden of under-nutrition and obesity, frequently termed “nutrition transition”, which negatively impacts health systems. National nutrition policies and interventions are needed to address the two existing problems of under-nutrition and the spreading epidemic of obesity.

Food choices are influenced by cultural, ethnic, social and familial factors, which can be incorporated into food-based dietary guidelines. Diets are more than mere collections of nutrients and the biological functions of food components and the benefits of consuming these compounds in foods and their health effects have not all been identified. The combination of nutrients in various foods can have different metabolic effects. Methods of food processing and preparation influence the nutritional value of foods. There is much evidence from animal, clinical and epidemiological studies that particular dietary patterns are associated with a reduced risk of specific diseases and that food-based dietary guidelines can encourage such practices. Most important, food-based dietary guidelines are better understood by the public than nutrient-based recommendations.

Source : World Health Organization. Regional Office for the Eastern Mediterranean

- Underline three diphthongs and three long vowels in the text.
- Transcribe the following words: public – burden – double – obesity – nutrition – cultural
- Underline five function words then transcribe their weak and strong forms.

Healthy diet

A healthy diet is a diet that helps to maintain or improve overall health. A healthy diet provides the body with essential nutrition: fluid, macronutrients, micronutrients, and adequate calories.

For people who are healthy, a healthy diet is not complicated and contains mostly fruits, vegetables, and whole grains, and includes little to no processed food and sweetened beverages. The requirements for a healthy diet can be met from a variety of plant-based and animal-based foods, although a non-animal source of vitamin B12 is needed for those following a vegan diet. Various nutrition guides are published by medical and governmental institutions to educate individuals on what they should be eating to be healthy. Nutrition facts labels are also mandatory in some countries to allow consumers to choose between foods based on the components relevant to health.

A healthy lifestyle includes getting exercise every day along with eating a healthy diet. A healthy lifestyle may lower disease risks, such as obesity, heart disease, type 2 diabetes, hypercholesterolemia, hypertension and cancer.

There are specialized healthy diets, called medical nutrition therapy (MNT), for people with various diseases or conditions. There are also prescientific ideas about such specialized diets, as in dietary therapy in traditional Chinese medicine.

Source: Wikipedia

Compare the two given texts.