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February 2020

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Description

In this note we will review some important queries to note the impression in an integrated form.
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BALANCED DIET & ADULTERATION : An Impression

By

Datta et al (J.Datta , N.Durglishvili , I.Ketchakmadze , D. Ketchakmadze)

Anti-Oxidants ,Tea , Coffee , Adulteration ,Poisoning , Probiotic health , Balanced Diet

In this note we will review some important queries to note the **impression** in an integrated form.

Malnutrition : As we are all aware that Malnutrition is a great curse even in 21st century due to Poverty , under-nutrition as well as heavy intake of fast foods causing some nutrition related disorders like Rickets , Scurvy , & musculoskeletal disorders like Rh. Arthritis even neurological

disorders (https://www.researchgate.net/post/What_is_Malnutrition-Do_You_agree_it_is_a_Global_Problem_particularly_in_the_Third_world_countries/ https://www.researchgate.net/post/What_do_you_mean_by_Rheumatoid_Arthritis-Its_effects_Causes_Symptoms_Remedies) .

Balanced Diet : As per nutritional biochemistry a balanced diet is nothing but a appropriate combination of Protein , Carbohydrate & Fats . Intake of animal & vegetable protein is a matter of our interest . An healthy as well as tasty drinks should be an additional interest

(https://www.researchgate.net/post/What_is_balanced_diet-Will_You_support_that_it_is_very_important_for_good_health/ https://www.researchgate.net/post/What_do_you_prefer_to_take_ANIMAL_or_VEGETABLE_protein_and_Why/ https://www.researchgate.net/post/TEA_or_COFFEE-Which_one_is_good_for_health) .

Anti-Oxidants – It include Balanced diet combined with Health Supplements , Herbs , Green Vegetables & Citrus Fruits (https://www.researchgate.net/post/Your_favourite_food_as_Anti-Oxidant-Let_us_discuss). The most important activity of antioxidant to prevent from Cancer as well as a good free radical quencher .

Adulteration : It is a fact against the above three phenomenon as well as deterioration of Health even death . Adulteration is a great curse of Society by some intoxicification of harmful

chemicals as well as pathogenic contaminants .
(https://www.researchgate.net/post/What_is_Food_adulteration-Is_it_a_Big_Problem

/ https://www.researchgate.net/post/What_is_Food_Poisoning).

IMPRESSION:

KNOWING all the above facts regarding Food - Antioxidants – Adulteration another important Factor is Environment with its pollutants – to optimise the diet intake- nutritional balance as well as to development an awareness program to maintain a GREEN HEALTH by combining the nutritional biochemistry as well as environmental chemistry (https://www.researchgate.net/post/What_is_GREEN_HEALTH) .

REFERENCES :

1. Jaydip Datta , HEALTH & ENVIRONMENT: A SOCIOLOGICAL CONCIOUSNESS,February 2022 ,DOI:[10.13140/RG.2.2.23247.84646/5](https://doi.org/10.13140/RG.2.2.23247.84646/5) ,License [CC BY-SA 4.0](https://creativecommons.org/licenses/by-sa/4.0/) (https://www.researchgate.net/publication/337480620_HEALTH_ENVIRONMENT_A_SOCIOLOGICAL_CONCIOUSNESS?_sg%5B0%5D=bIqKsgIu9-Ev6X5Ki4j4iZ31v_xXCshb770ROc7Won1JHHJO1qY7Q0Gs2PWE4yL_IJ5GDlpxyx4MhsD560icq0YfekFUaEKEW9EW38Ld.SiR9UdO_uHU22OSUcvkyVs8tHLXcAM84KWsoDNEQS_LyeSHqsgJO7khog7pq90BQVgps25kuWjtg62sXIUhFmw_).