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## The effects of Nutrition on Human Health

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A healthy diet is of great importance for the protection and maintenance of the health. Various events take place in our bodies during childhood, adolescence, adulthood and old age. The quality of our diet plays a role in the successful realization of all the events such as growth and development, reaching to physical and mental maturity, disease prevention, fighting diseases, protecting the physical integrity of all body. Quality of life of individuals who know and practice proper nutrition is undoubtedly increasing.

The development of today's convenience food sector, numerous products produced by food companies and the additives in them, increased eating habits outside home, hormone and pesticide residues found in natural foods, gradually increasing sedentary lifestyle and the number of chronic diseases lead to paying strict attention to healthy nutrition. 2,5 billion people in the world experience health problems due to malnutrition. Anemia due to iron deficiency, vitamin A deficiency and iodine deficiency are the leading causes of these health problems. Incidence of nutrition-related health problems varies between developed and developing countries, and underdeveloped countries. These problems vary by age and gender, as well.

Improper nutrition leads to a lot of problems from anemia, obesity, high cholesterol, diabetes, cancer, intestinal diseases, diseases of the heart and blood vessels to dental problems. In order to be strong, energetic and healthy and to ensure quality of life, it is essential to have a balanced and regular diet.

**Keywords:** Diet, Nutrition, Adequate and Balanced Nutrition, Health

### Biography:

Nurhayat Atasoy In 20 June 1968 Van was born in Turkey. She completed her undergraduate education in the Department of Chemistry at Van Yüzüncü Yıl University. She completed her master's and doctoral studies in the field of biochemistry at the same university. She trained many undergraduate, graduate and doctoral students in this field. She is still working as an associate professor at the same university. She has studies on vitamins, hormones, antioxidants, heavy metals and food chemistry, and these studies continue.