

# Nutrition



# **Nutrition**

**The combination of processes by which the living organism receives and utilizes the nutrient from food for the maintenance of its functions , the growth of tissues and for production of energy.**

## These combinations are:

- Eating
- Digestion.
- Absorption.
- Metabolism.
- Excretion and Egestion

- **Diet:** An element that is used in many tradition treatments of disease or food prescribed a physician.
- **Food:** are nourish the body and sometimes to treat particular illnesses for which dietary has an accepted scientific rationale.
- **Classification of food:**
  - Energy food.
  - Body building food.
  - Protective foods.

**Food pyramid:** A general dietary structure that should ensure adequacy and yet at the same time make it more likely that other nutrition guidelines will be followed.

**Classification of nutrients:**

Macro nutrient.

Micro nutrient.

## Good nutrition is important for:

- The ability of adults to work well.
- The bodies' resistance to infectious disease.
- Healthy pregnancy and deliveries.
- Physical and mental development of children and adolescent.
- Eradication of malnutrition diseases.

# Factors' affecting community nutrition:

## 1. Good agriculture:

- Clearing the land.
- Planting of sufficient crops.
- Use of irrigation and fertilizer.
- Harvesting of the right time.
- Safe storage of the food.
- Good transport and distribution system to get enough food for all regions.

## **2. Healthy environment:**

- Safe and sufficient water, essential water for drinking, cooking, e.t.c...**
- Safe and not too farway from houses.**
- Vectors and disease control.**
- Raising of the general standard of sanitation.**
- Improved housing.**



### 3. Good economy:

- Sufficient money and resources wisely allocated.
- Enough cultivable land to grow sufficient crops.
- Enough productive jobs and hard work.

### 4. Good education:

- Spreading of knowledge about good nutrition and child health in school, families and community.

.Should ways of improving present attitudes and practices, special emphasis/ should be laid on education nutrition of the vulnerable groups (child, pregnancies and patients).

## 5. Healthy and social family life:

- Family size.
- Appropriate distribution of money, work and food within the community and family.
- Care of children from broken or incomplete family.

## 6. Prevention and control of diseases:

- Infectious disease can cause malnutrition in children.
- Early detection and effective treatment of acute disease in adults.
- Good management of chronic disease in adults.
- Control of alcoholism to avoid waste of money and man power.

## **Roles of community health nursing in nutrition services**

- Encourage breast feeding until after weaning.**
- Emphasize the nutritional values of many local and traditional foods.**
- Identify the food values of locally grown foods and encourage their production and use.**
- Advice on the storage and preservation of local foods.**
- Organize nutrition education.**
- Work to improve nutrition through ward development community.**

**Thank you for listening**