

课程名称：学术英语

选课代码：ENGL110055.01

学号：12307120181

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The Role Of Diet In Health

Introduction

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2013/12/10

The role of diet in health introduction

As longevity has become a standard of life, health is developed as a multi-dimensional concept, in which dietary choice makes a significant difference. Dietary structure can have impact on some particular disease according to many researches, and the nutrition taken from daily regimen also plays an important part. High fat-low carbohydrate diets-evaluated by “low-carbohydrate diet score” described by Halton et al-contribute to the high incidence of type 2 diabetes in Chinese population.¹In celiac disease, gluten free diet can alleviate some symptoms and improve the Health Related Quality of Life (HRQOL)².The diet of pregnant woman is straightly connected with the growth of embryo³. Many natural active constituents in food such as flavonoid, carotenoid, alkaloids, polysaccharide, dietary fiber and vitamin have specific effect on preventing cardiovascular disease, tumor and diabetes.⁴

Realizing the facts mentioned above, physicians are trying to use diet as an adjunct treatment in more and more cases. Dietary Approaches to Stop Hypertension (DASH) diet now is viewed as a safe, viable and resultful public health intervention in the form of dietary modification to reduce the burden of asthma⁵. Systematic diet intervention shows positive effect on the rehabilitation of patients undergoing

¹HE Y N, Feskens E J, LI Y P, et al. Association between High Fat-low Carbohydrate Diet Score and Newly Diagnosed Type 2 Diabetes in Chinese Population[J]. Biomedical and Environmental Sciences, 2012, 25(4): 373-382.

²Casellas F, Rodrigo L, Vivancos J L, et al. Factors that impact health-related quality of life in adults with celiac disease: A multicenter study[J]. World journal of gastroenterology: WJG, 2008, 14(1): 46.

³杨春梅, 李超. 浅议合理的饮食营养对健康的重要性[J]. 首都医药, 2012, 19(20).

⁴李波, 张军合, 芦菲. 日常饮食中的天然活性成分[J]. 中国食物与营养, 2006 (5): 50-52.

⁵Ma J, Strub P, Lavori P W, et al. DASH for Asthma: A Pilot Study of the DASH Diet in Not-Well-Controlled Adult Asthma[J]. Contemporary clinical trials, 2013.

abdominal surgery according to a research.⁶ In the documentation, experimental group (the group that under diet intervention) doesn't show complication related to diet during convalescence, while control group suffered intestinal obstruction, acute gastric dilatation and disruption of wound. Besides that, hospitals begin to provide special diet, such as diabetic diet, high protein diet, low salt diet and low purine diet to patients with diabetes, cirrhosis, nephropathy or gout. However, in practice problems turned up. Diet control lacks attention and management⁷. Most patients don't realize how the food they took in play the part in modality. Not only our human being, but also the microorganism in our digestive system gets energy from food. Improper diet can cause structural shift of the gut microflora which might cause some low-grade chronic inflammation⁸. And many researches approve that low-grade chronic inflammation is a very important precipitating factor of obesity, coronary heart disease, senile disease and some cancers. What more fatal is that the inflammation doesn't expression most time, so it's obvious to see the importance of daily diet in keeping physical health.

Given the concert that" health is a multi-dimensional experience of body, mind and spirit. "The role of diet in health also includes its influence in mental health. Study indicated that eating emotional lead to obese and obesity gave individuals negative self-esteem which associated with sub-health status in psychology. Therefore controlling eating behavior to lose weight and ensure the nutrition

⁶刘芬. 系统饮食干预对腹部手术病人康复的影响[J]. 护理研究, 2013, 27(3).

⁷袁双凤, 时艳丽, 孙亚娟. 特殊疾病营养膳食治疗在传染病住院患者中实施的现状调查[J]. 中国医药指南, 2013, 11(16): 169-170.

⁸Davis C D, Milner J A. Gastrointestinal microflora, food components and colon cancer prevention[J]. The Journal of nutritional biochemistry, 2009, 20(10): 743-752.

supplementary concurrently has specific psychological benefits, for example, reducing depressive symptoms, the risk of diabetes, blood pressure and blood lipid levels.⁹ In smoking cessation, physicians also will use diet that contains more tryptophan and carbohydrate to reduce the dysphoria caused by lack of nicotine¹⁰. Evidence derived from another study prove that high dietary antioxidant and fiber content makes for mental health and is associated with better HRQL (health related quality of life).¹¹ But there are still few reports about the direct relationship between diet and psychology and that imply more in-depth research need to be done.

The role of diet in health is complicated and manifold. Diet is not only the foundation of maintain health but also a major method to improve life quality. Inappropriate diet can cause over nutrition or under nutrition which lead to disease, while specific diet can optimize the origin therapy. The future study should realize the multi aspect impact that diet play on the health.

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⁹Lasikiewicz N, Myrissa K, Hoyland A, et al. Psychological benefits of weight loss following behavioural and/or dietary weight loss interventions. A systematic research review[J]. Appetite, 2013.

¹⁰Bowen D J, Spring B, Fox E. Tryptophan and high-carbohydrate diets as adjuncts to smoking cessation therapy[J]. Journal of behavioral medicine, 1991, 14(2): 97-110.

¹¹Bonaccio M, Di Castelnuovo A, Bonanni A, et al. Adherence to a Mediterranean diet is associated with a better health-related quality of life: a possible role of high dietary antioxidant content[J]. BMJ open, 2013, 3(8).

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