



Advances and insights of diet food

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DESCRIPTION

Diet food (or dietetic food) denotes to any food or beverage whose recipe is altered to reduce fat, carbohydrates, and/or sugar in order to make it part of a weight loss program or diet. Such foods are usually anticipated to assist in weight loss or a change in body type, although bodybuilding supplements are designed to increase weight.

The process of making a diet variety of a food usually requires finding a sufficient low-food-energy substitute for some high-food-energy ingredient. This can be as modest as replacing some or all of the food's sugar with a sugar substitute as is common with diet soft drinks such as Coca-Cola (for example Diet Coke). In some snacks, the food may be baked instead of fried thus reducing the food energy. In other cases, low-fat ingredients may be used as substitutes.

A healthy diet is a diet that upholds or improves overall health. A healthy diet provides the body with vital nutrition: fluid, macronutrients such as protein, micronutrients such as vitamins, and adequate fibre and food energy.

A healthy diet may contain fruits, vegetables, and whole grains, and may comprise little to no processed food or sweetened beverages. The requirements for a healthy diet can be met from a variety of plant-based and animal-based foods, though a non-plant source of vitamin B12 is needed for those following a vegetarian 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 obligatory in some countries to allow consumers to choose between foods based on the components relevant to health.

In whole grain foods, the high fibre content effectively displaces some of the starch component of the flour. Since certain kinds of fibres have no food energy, this results in a enough energy reduction. Another process depends on the intentional addition of other reduced-food-energy ingredients, such as resistant starch or dietary fibre, to replace part of the flour and achieve a more noteworthy energy reduction.

The low-fat foods are those that have 30% of their calories or less from fats. So, if a food contains less than 3 gram of fat per 100 calories, it is a low fat food. Instances of cereals, grain, and pasta products are corn or whole wheat tortillas, oatmeal, backed cracker, whole grain versions of noodles, and pita bread. Examples of protein sources are beans, lentils, tofu, egg white, tuna, and peas. On the other hand, poly-saturated such as omega 3 and omega 6 fatty acids can be advantageous to the body. Nutritious foods are avocado, almond, salmon, cashews, seeds, and walnuts.

In diet foods which replace the sugar with lower-food-energy substitutes, there is some dispute based around the possibility that the sugar substitutes used to replace sugar are themselves harmful. Artificial sweeteners have been the subject of strong scrutiny for decades, but according to the National Cancer Institute and other health agencies, there is no sound scientific proof that any of the artificial sweeteners approved for use in the U.S. cause cancer or other serious health problems. Numerous research studies approve that artificial sweeteners are generally safe in limited quantities, even for pregnant women.

CONCLUSION

In addition to dietary references for the general population, there are many specific diets that have primarily been developed to promote improved health in specific population groups, such as people with high blood pressure (such as low sodium diets or the more specific DASH diet), or people who are obese (weight control diets). Some of them may have more or less evidence for positive effects in normal people as well.

Consumers are generally aware of the elements of a healthy diet, but find nutrition labels and diet advice in popular media perplexing. Fears of high cholesterol were frequently voiced up until the mid-1990s. Later research shows that the distinction between high- and low-density lipoprotein ('good' and 'bad' cholesterol, respectively) is vital when considering the impending ill effects of cholesterol.