

Study of Malnutrition

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Description

Malnutrition is a condition caused by consuming a diet that lacks a sufficient quantity of one or more nutrients. The entire amount of food consumed by a person or other species in nutrition is referred to as a diet. The term diet frequently refers to the utilization of a specified nutritional intake for health or weight-management purposes. Despite the fact that humans are omnivores, each culture and individual has some dietary preferences or food taboos.

This might be due to personal preferences or ethical considerations. Individual food choices might be healthy or unhealthy. A nutrient is a material that an organism needs in order to survive, develop, and reproduce. A chemical substance is a type of matter with a consistent chemical makeup and characteristics. This covers diets that have either less or too many nutrients, causing health issues. And Calories, protein, carbs, fat, vitamins, and minerals are examples of nutrients.

A biomolecule, sometimes known as a biological molecule, is a broad term describing molecules found in organisms that are required for one or more typical biological processes, such as cell division, morphogenesis, or development. Carbohydrates play a variety of roles in living organisms. Polysaccharides are used to store energy. Energy is the quantitative quality that must be supplied to a body or physical system in order for it to do work or heat.

The energy is a conserved quantity; according to the rule of conservation of energy, energy may be changed in form but cannot be generated or destroyed. Fat is frequently used in nutrition, biology, and chemistry to refer to any ester of fatty acids or a combination of such compounds, most typically those

found in living organisms or food. Food is any material that is ingested in order to offer nutritional support to an organism. Food is often derived from plants, animals, or fungi and provides important elements such as carbs, lipids, proteins, vitamins, and minerals. A mineral is a chemical element that organisms require as an important component in order to carry out life-sustaining activities.

A nutritional deficiency is referred to as under nutrition or undernourishment, whereas a nutrient surplus is referred to as over nutrition. Over nutrition is a kind of malnutrition in which nutritional intake is excessive. The amount of nutrients consumed surpasses what is needed for proper growth, development, and metabolism. Under nutrition, which happens when a person does not consume enough calories, protein, or micronutrients, is most frequently referred to as malnutrition. And micronutrients are important substances that organisms require in different amounts throughout their lives in order to orchestrate a variety of physiological processes that keep them healthy. Humans and other animals, for example, require a diverse range of vitamins and minerals, whereas plants require particular minerals.

Malnutrition can result in the development of illness and chronic health problems. Long-term consequences of malnutrition include an increased risk of obesity, heart disease, and diabetes. Extreme hunger and malnutrition continue to be an obstacle to slow gestation, locking people in a cycle from which they cannot easily escape. Hunger and malnutrition produce less productive people who are more prone to illness and, as a result, are frequently unable to earn more and improve their situations.