



PROPER NUTRITION

The principles of
good nutrition,
inte-resting fact.



PROPER
NUTRITION IS
BASED ON THE
FOLLOWING
PRINCIPLES:

- Diet variety.
- Fractional nutrition.
- Most of the menu should be organic.



WHERE TO BEGIN?

The transition to a new type of diet consists of five steps:

Remove food that is not beneficial to the body

Eliminate alcohol.

Monitor the water balance.

Make up a diet.

Gain strength and patience.



WHAT SHOULD BE THE DIET?

- fresh vegetables, herbs, fruits;
- lean meats: chicken, turkey, rabbit, sometimes lean pork or beef;
- dairy and fermented milk products;
- eggs;
- cereals and cereals;
- pasta, durum wheat pasta;
- low fat cheese.

PROS:

- Gaining a slim figure. The human body quickly bounces back if you help it.
 - Strengthening the immune system.
 - Increased life expectancy. Eating fish, vegetables and other healthy foods is a guarantee of health for many years.
 - Reducing the risk of developing malignant tumors. Avoiding dietary supplements is helping your body.
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MINUSES:

- Refusal of animal protein leads to the development of anemia.
- The lack of cholesterol in food can lead to a disruption in the synthesis of hormones.
- With the tightening of the general principles of the regime, a person feels hunger and weakness.
- The transition to a new diet can exacerbate existing diseases.
- It's not tasty



ORTHOREXIA:

- Orthorexia nervosa, which people may refer to as righteous eating, is a harmful obsession with proper nutrition. Its hallmark is a strict avoidance of foods that a person believes to be impure or unhealthy.

Orthorexia can result in people severely restricting the foods that they allow themselves to eat.

- **Examples of restricted foods and ingredients may include:**
 - nonorganic foods
 - foods containing artificial colors, flavors, or preservatives
 - all refined sugar
 - meat and other animal products
 - food that anyone other than themselves has prepared





SIGNS AND SYMPTOMS:

- Orthorexia tends to start with a person cutting down on foods such as red meat or processed products to make their diet more healthful.

Signs and symptoms of orthorexia include:

spending more than 3 hours a day researching, acquiring, and preparing specific types of foods (not in relation to a job)

avoiding restaurants or social gatherings because of the food on offer

having judgmental thoughts about others who do not eat “clean”

blaming unhealthful eating for physical or mental illnesses

experiencing feelings of guilt after eating restricted foods

having obsessive thoughts about food that interfere with sleep, work, or school

using frequent cleanses or fasts to “detox”

TREATMENT:

- Living with orthorexia can be challenging, but there are several things that a person can do to cope and find support. The first step is to talk with a medical or mental health professional.
- A doctor may prescribe an anti-anxiety or antidepressant medication if the individual has an untreated underlying mental health disorder
- help individuals come to terms with their uncomfortable thoughts, feelings, and behaviors instead of avoiding them.





Thanks for attention!

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