

Healthy Diet affects the Youth

Dr. Rajesh D. Chandrawanshi
Director of Sport & Physical Ed.,
Shri R.L.T. College of Science, Akola
Email: rajeshchandrawanshi9@gmail.com
Mobile No. 9850599429, 8788868145

Abstract:

Today in modern era, every minute of fraction worldwide knowledge in every field is changing rapidly. Youths are facing a problem of non availability of regular timings related to proper diet, rest, sleep, fitness, vast study, competitive examination deep study to grab job opportunities and recreational activities i.e. Sports, Music, Reading, Cultural Activities etc. Healthy diet definitely boosts youth to actively participate in each and every activity to progress in his future life. The purpose of this study is to find out can Healthy Diet affect the Youth. Youth are defined as those aged 15 to 29 in the national youth policy (2014). Youths have so many problems out of these some are unavoidable but due to tremendous changes in life so sometimes youth cannot be able to avoid or solve these problems. In that condition youth wants extra support, energy or guidance to overcome this situation. Healthy diet habits improve our physical fitness and level of energy for struggle. A physical Fitness concept includes physical strengths, mental stability, psychological alertness and handle to every problematic situation. Now a days, youths are closer to junk food. We must encourage youth to take vitamins rich foods and proper healthy diet related to their activities or body requirements on proper time. The present study suggest requirement of Healthy Diet for youths to helps for physical fitness and affect to sort out problems strongly with the help of physical fitness components.

Key words: Youth, Healthy Diet, Physical Fitness

Introduction:

Today in modern era, every minute of fraction worldwide knowledge in every field is changing rapidly. In this situation everybody is facing problems in surviving in this modern and changeable lifestyle. Lifestyle is totally changed and time management is totally disturbed. As per general opinion maximum persons have no time to thinks about their self related to proper diet, rest, sleep, fitness and recreation etc.

Youths are facing a problem of non availability of regular timings related to proper diet, rest, sleep, fitness, vast study, competitive examination deep study to grab job opportunities and recreational activities i.e. Sports, Music, Reading, Cultural Activities etc. Youth must prove his talent, skill and capacity to work in any field in any condition otherwise he will be finished. Now days' every field of jobs or working areas wants young and dynamic youth.

Diet is an important factor for all around development of Youth. But it is very important to know that which type of diet is healthy for our body as per our present jobs, work, activities or study. Healthy diet definitely boosts youth to actively participate in each and every activity to progress in his future life.

Purpose:

The purpose of this study is to find out Healthy Diet affect the Youth.

Youth

Youth are defined as those aged 15 to 29 in the national youth policy (2014).

In this age group youth has facing following problems in his daily routine life.

1. Life is depending upon person's work, area of study, timing, technology, moral value of people in surrounding communities, diet schedule of food quality and culture. Lifestyle can give positive or negative effects.
2. Youths are interested in latest fashion related to food habits i.e. Coffee, Tea, Liquor , Smoking , Drugs, Cold Drinks, Bakery items, Junk Foods, Instant Food etc. Sometime these types of non hygienic food habits affect the health of youth and destroy the aim and objectives of future life.
3. Community Rights, Time Management, Premature Sex, Lack of Sex Education,
4. Parental Pressure, Materialism, Poverty, Unemployment and Clashes with Religion are the biggest problems in front youth.
5. Health of Youth, Corruption, Suicide in Youth, Terrorism and Equal opportunities in jobs are current problems in front of youth.
6. Huge uses of mobile applications for social networking, games playing and illegal site searching affect the physical fitness, mental fitness, psychological stability or body mind coordination.

Youth related above problems are avoidable but due to tremendous changes in life so sometimes youth cannot be able to avoid or solve these problems. In that condition youth wants extra support, energy or guidance to overcome this situation. Healthy diet habits improve our physical fitness and level of energy for struggle. A physical Fitness concept includes physical strengths, mental stability, psychological alertness and handle to every problematic situation.

Healthy Diet

Healthy diet is a wide concept it cannot be explained in minimum words. Health diet concept depends on Weather situation, Food Quality, Environment Conditions, Health condition, Lifestyle, Activities, Age, Gender, Body weight, Natural sources of food and cooking habits etc. Same healthy diet plan is not suggested to group of persons. But it is suggested to single person as per his body and activities require energy. Youth require more energy for struggle in his busy and uncertain lifestyle. The following healthy food may be included normally in youth diet plan.

1. Development of bone mass goes on during this period so inclusion of dairy Merchandise (milk, cheese, yoghurt) and vegetables like spinach, broccoli and celery which can be rich in calcium is a ought to.
2. Children require right amount of carbohydrates and fats for energy. Therefore, its miles very critical to provide them a day by day intake of power wealthy meals as whole grains (wheat, brown rice), nuts, vegetable oils, greens like potatoes, sweet potatoes, culmination like banana.
3. In case of kids, proteins are essentials for muscle building, restore and boom and building antibodies. So supply them food regimen which has meat, eggs, fish and dairy products.
4. A baby wishes vitamins for the body to feature properly and to boost the immune gadget. A type of fruits and vegetables of various colours ought to be introduced in food. Vitamin A is essential for vision and a deficiency of the equal can cause night time blindness (difficulty in seeing in night time). Dark green leafy veggies, yellow,

orange colour vegetables and culmination (such as carrots, papaya, mangoes) are accurate assets of Vitamin A.

5. Vitamin D facilitates in bone growth and improvement and its miles critical for absorption of calcium. Youth get in their Vitamin D from daylight and a small quantity from a few meals items like (fish oils, fatty fish, cheese mushrooms and egg yolks).
6. Teenage girls experience extra physiological modifications and psychological pressure than boys due to onset of menarche (onset of menstruation) .Therefore, teenage girls have to devour diet that is rich in both nutrients as well as minerals to prevent anaemia.

Now a days, youths are closer to junk food .We must encourage youths to take vitamins, rich foods. Many youngsters have negative behaviour, which can result in numerous lengthy-time period fitness complications, such as obesity, heart disease, type two diabetes and osteoporosis. As discern, maintaining making frequent modifications of their menu to avoid boredom of consuming the equal meals each day. In this adolescence stage we must be guide youths to avoid junk food, avoid Liquor as well as keep distance from smoking, chewing tobacco or drinking cold drinks. Motivate youth for regular physical and sports activities to improve strength and stamina for personality development.

Conclusion:

The present study suggest requirement of Healthy Diet for youths to helps for physical fitness and affect to sort out problems strongly with the help of physical fitness components.

Reference:

1. Healthy Diet | National Health Portal Of India.(2019).Retrieved from <https://www.nhp.gov.in/healthyliving/healthy-diet>
2. The European Food Information Council: Food facts for healthy choices: (EUFIC). (2019). Retrieved from <https://www.eufic.org>
3. Delhi, I. (2019). Problems Faced by Youth of India – IYF Delhi. Retrieved from <https://iyfdelhi.com/problems-faced-by-youth-of-india/>