

The Importance of Nutrition Management

A Proactive Life style - Healthy Eating for All Ages

Every cell in our body is supported by nutrients. Our metabolism, a constant burning of energy, depends on our food and water intake. When not enough importance is given and the food and nutrition balance is broken, malnutrition can happen that can lead to serious physical and mental consequences.

A well-balanced diet is an essential part of a strong and healthy life. Newborn babies are not able to develop *properly* without the right nutritious milk or formula. As they grow, what they eat is closely related to how their body systems and organs develop, and this can affect their entire life. Eating habits that are formed at these early stages can last a life time as well. Children who are educated about healthy choices will be healthier and can be better parents. The impact is enormous.

In the 21st century we are more aware of the dangers of having an unbalanced and poor diet. The weight loss industry is thriving; however, people still need guidance as to how and what to eat. Therefore, nutrition experts such as nutritionists, dietitians and food and nutrition managers are leading the way for a healthier future. Governments, schools and employers pay more attention to educating the public and encouraging them to eat healthier foods and live a more active and balanced life. An example of the government's intervention is Canada's Food Guide which explains healthy eating and physical exercise very clearly and is straight-forward and easy to follow. Proper nutrition should not be a diet that people can go on and off; rather, a life-long food and physical activity management is necessary for everyone. Two other very important sources are the Ontario Society of Nutrition Management and the Canadian Society of Nutrition Management. In order to work in this field, professionals are encouraged to be members and to continuously learn new trends and regulations.

People at different stages in their life have different nutritional needs. Good nutrition management is beneficial not just for children for their healthy growth of their bones and body systems, but it is extremely important for maintaining good health for adults and the elderly. Food nutrition is crucial for seniors who either lack the knowledge or are unable to make healthy choices. Canada's facilities for the elderly, e.g. long term care, retirement homes and hospitals employ knowledgeable staff who are continuously encouraged to update their skills and knowledge on the field of food and nutrition.

Menu Planning

Whether it is to help patients or control the proper nutrition for clients, effective menu planning is one of the most important jobs of a nutrition professional. As an example, those with Diabetes must follow a strict diet of carefully counted carbohydrates. Good menu planning should also follow Canada's Food Guide for better results.

Canada has maintained its place in the world for setting the standards for nutrition management. It is clear that this industry is thriving, and the expectations of baby boomers are growing like unprecedented. People are living longer, due to the vast knowledge of modern science, and nutrition management is one of the most important goals for our present and future.

Sources:

Nutrition and Diet Therapy, DeBruyne, Pinna, Whitney, 2008, 2003 Brooks/Cole Cengage Learning

Canada's Food Guide

Canadian Diabetes Association <http://www.diabetes.ca/>