

Essential Food Management over age 40 for sharp logic brain & strong physical programmer fitness

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ABSTRACT: Food plays important role in the development of human beings leading to various activities in construction of globe related task solutions. The variety of food differs from region to region also religion to religion. But in common humans need certain foods for strong constructed brains activeness. This paper focus on the main unit brain activeness related foods over the age of 40 for having good physical fitness.

KEYWORDS: Agriculture, Health, vegetables, Calcium, Seeds

I. INTRODUCTION

Food is nutritious substance that people or animals eat or drink or that plants absorb in order to maintain life and growth. Food is any substance consumed to provide nutritional support for the body. It is usually of plant or animal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals. The substance is ingested by an organism and assimilated by the organism's cells to provide energy, maintain life, or stimulate growth. Historically, people secured food through two methods: hunting and gathering and agriculture. Today, the majority of the food energy required by the ever increasing population of the world is supplied by the food industry.

Food safety and food security are monitored by agencies like the International Association for Food Protection, World Resources Institute, World Food Programme, Food and Agriculture Organization, and International Food Information Council. They address issues such as sustainability, biological diversity, climate change, nutritional economics, population growth, water supply, and access to food.

The right to food is a human right derived from the International Covenant on Economic, Social and Cultural Rights (ICESCR), recognizing the "right to an adequate standard of living, including adequate food", as well as the "fundamental right to be free from hunger".

Health is the level of functional and metabolic efficiency of a living organism. In humans it is the ability of individuals or communities to adapt and self-manage when facing physical, mental or social changes. The World Health Organization (WHO) defined health in its broader sense in its 1948 constitution as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." This definition has been subject to controversy, in particular as lacking operational value, the ambiguity in developing cohesive health strategies, and because of the problem created by use of the word "complete". Other definitions have been proposed, among which a recent definition that correlates health and personal satisfaction. Classification systems such as the WHO Family of International Classifications, including the International Classification of Functioning, Disability and Health (ICF) and the International Classification of Diseases (ICD), are commonly used to define and measure the components of health.

Achieving and maintaining health is an ongoing process, shaped by both the evolution of health care knowledge and practices as well as personal strategies and organized interventions for staying healthy.

Following are important health factors:

1. Diet
2. Exercise
3. Sleep
4. Self-care strategies

II. RELATED WORK

The Most food has its origin in plants. Some food is obtained directly from plants; but even animals that are used as food sources are raised by feeding them food derived from plants. Cereal grain is a staple food that provides more food energy worldwide than any other type of crop. Corn (maize), wheat, and rice – in all of their varieties – account for 87% of all grain production worldwide. Most of the grain that is produced worldwide is fed to livestock. Some foods not from animal or plant sources include various edible fungi, especially mushrooms. Fungi and ambient bacteria are used in the preparation of fermented and pickled foods like leavened bread, alcoholic drinks, cheese, pickles, kombucha, and yogurt. Another example is blue-green algae such as *Spirulina*. Inorganic substances such as salt, baking soda and cream of tartar are used to preserve or chemically alter an ingredient.

Plants

See also: Herb and spice

Many plants and plant parts are eaten as food and around 2,000 plant species are cultivated for food. Many of these plant species have several distinct cultivars.

Seeds of plants are a good source of food for animals, including humans, because they contain the nutrients necessary for the plant's initial growth, including many healthful fats, such as omega fats. In fact, the majority of food consumed by human beings are seed-based foods. Edible seeds include cereals (corn, wheat, rice, et cetera), legumes (beans, peas, lentils, et cetera), and nuts. Oilseeds are often pressed to produce rich oils - sunflower, flaxseed, rapeseed (including canola oil), sesame, et cetera.

Seeds are typically high in unsaturated fats and, in moderation, are considered a health food, although not all seeds are edible. Large seeds, such as those from a lemon, pose a choking hazard, while seeds from cherries and apples contain cyanide which could be poisonous only if consumed in large volumes.

Fruits are the ripened ovaries of plants, including the seeds within. Many plants and animals have coevolved such that the fruits of the former are an attractive food source to the latter, because animals that eat the fruits may excrete the seeds some distance away. Fruits, therefore, make up a significant part of the diets of most cultures. Some botanical fruits, such as tomatoes, pumpkins, and eggplants, are eaten as vegetables.

Vegetables are a second type of plant matter that is commonly eaten as food. These include root vegetables (potatoes and carrots), bulbs (onion family), leaf vegetables (spinach and lettuce), stem vegetables (bamboo shoots and asparagus), and inflorescence vegetables (globe artichokes and broccoli and other vegetables such as cabbage or cauliflower).

Animals

Main articles: Animal source foods and Food chain

Various raw meats

Animals are used as food either directly or indirectly by the products they produce. Meat is an example of a direct product taken from an animal, which comes from muscle systems or from organs.

Food products produced by animals include milk produced by mammary glands, which in many cultures is drunk or processed into dairy products (cheese, butter, etc.). In addition, birds and other animals lay eggs, which are often eaten, and bees produce honey, a reduced nectar from flowers, which is a popular sweetener in many cultures. Following are the different types of foods:

1. Comfort food
2. Fast food
3. Junk food
4. Natural food

- 5.Organic food
- 6.Slow food
- 7.Whole food

Comfort food is food which provides a nostalgic or sentimental value to the consumer, and is often characterized by its high caloric nature, high carbohydrate level, and simple preparation. The nostalgia may be specific to either the individual or a specific culture.

Comfort food in India usually varies between states and cities. Typically such food is freshly eaten and easily available at roadside eateries or shops. Home made food, especially by mothers, has a high sentimental value in India. This homemade food includes a very common Indian comfort food known as Khichdi(made of lightly spiced rice and dal, usually served with ghee)

- Bhel puri
- Samosa
- Aloo puri
- Vada pav
- Dhokla
- Kachori
- Masala Dosa
- Shira
- Misal Pav
- Upma
- Dosa
- Idli
- Basundi
- Bread pakoda

Fast food is a type of mass-produced food that is prepared and served very quickly. It began with the first fish and chip shops in Britain in the 1860s. Drive-through restaurants were first popularized in the 1950s in the United States. The food is typically less nutritionally valuable compared to other foods and dishes

Junk food is a pejorative term for cheap food containing high levels of calories from sugar or fat with little fiber, protein, vitamins or minerals. Junk food can also refer to high protein food like meat prepared with saturated fat - which some believe may be unhealthy, although some studies have shown no correlation between saturated fat and cardiovascular diseases. Many hamburger outlets, fried chicken outlets and the like supply food considered as junk food

Despite being labeled as "junk", such foods usually do not pose any immediate health concerns and are generally safe when integrated into a well balanced diet. However, concerns about the negative health effects resulting from the consumption of a "junk food"-heavy diet, especially obesity, have resulted in public health awareness campaigns, and restrictions on advertising and sale in several countries.

When junk food is consumed very often, the excess fat, carbohydrates, and processed sugar found in junk food contributes to an increased risk of obesity, cardiovascular disease, diabetes, and many other chronic health conditions

Natural foods and all natural foods are widely used terms in food labeling and marketing with a variety of definitions, most of which are vague.

Organic food is food produced by methods that comply with the standards of organic farming. Standards vary worldwide, but organic farming in general features practices that strive to cycle resources, promote ecological balance, and conserve biodiversity. Organizations regulating organic products may restrict the use of certain

pesticides and fertilizers in farming. In general, organic foods are also usually not processed using irradiation, industrial solvents or synthetic food additives.

Currently, the European Union, the United States, Canada, Mexico, Japan, and many other countries require producers to obtain special certification in order to market food as organic within their borders. In the context of these regulations, organic food is produced in a way that complies with organic standards set by regional organizations, national governments and international organizations.

Claims of improved safety of organic food has largely focused on pesticide residues.

Slow Food is a grassroots organization founded by Carlo Petrini in Italy in 1986. It has since spread worldwide. Promoted as an alternative to fast food, it strives to preserve traditional and regional cuisine and encourages farming of plants, seeds and livestock characteristic of the local ecosystem.

Whole foods are foods that are unprocessed and unrefined, or processed and refined as little as possible, before being consumed. Examples of whole foods include unpolished grains, beans, fruits, vegetables, and animal products, including meats and non-homogenized dairy products.

III. MERITS

The amount of energy burnt while resting begins to drop by the age of 30. From 40 years onwards, cholesterol levels increase due to improper life styles with the risk of cardiovascular disease and diabetes with blood pressure rise. But following very good foods are found to be useful (few are shown in diagrams) for health over age 40 for sharp brain and good physical fitness:

1. ALMONDS
2. FISH
3. SOY BEANS
4. TOMATOES
5. CHICKEN
6. MILK
7. GREEN TEA
8. OATS
9. STRAWBERRIES
10. WALNUTS
11. EGGPLANTS
12. EGGS
13. TURMERIC
14. BEANS
15. CARROTS
16. LEAFY GREENS
17. DARK CHOCOLATES
18. MEAT
19. WHOLE GRAIN BREAD
20. FRUITS, SEEDS & GRAINS

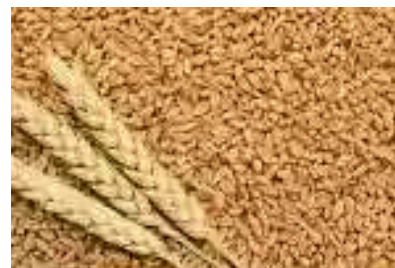
IV. DEMERITS

The following types of foods are to be avoided after 40s.

1. BEER
2. BURGERS
3. COLA
4. MARGARINE
5. FOODS LOADED WITH PESTICIDES
6. JUNK FOODS
7. FAST FOODS

V. CONCLUSION AND FUTURE WORK

The activeness , accuracy , efficiency, effectiveness, fastness and performance mainly depends on the processing speed of brain powered by physical fitness which depends on type of food consumed with proper exercises. It's better to consumers foods which have calcium and antioxidants . Almost all leafy items of green , vegetables, fish, meat, eggs , fruits have good effect on health Where as to avoid junk foods, fast foods and alcohol. The good food will be directly proportional to best performance of brain & physical fitness.











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