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Escape from Western Diet

The nutritional facts or health claims of the packed food is a crucial marketing strategy found in (e.g., signboards, brochures, leaflet advertising, internet, radio, TV). As per law, it always requires nutrition labeling and mandatory additional labeling on food. Compulsory food information, except the date and batch code, must be available to the consumer at the time of making the purchase decision. The only way to live a healthy life is by using natural, nutritious, and healthy food.

There is a tension between the healthiness and affordability of food. The cheapest foods, such as white wheat and sugar, are also the poorest. At the same time, many healthy foods, like most nuts and salads, are expensive. The Western meaty diet is spreading at a rate so fast that researchers say the situation is frightening. According to a recent study published in Nature, food's greenhouse gas emissions could increase by up to 80 percent by 2050 if current trends continue.

The properties of both food raw materials and food products have changed significantly at the same time as the western diet has changed. During the last hundred years, the life expectancy of Finns has increased, but at the same time, however, lifestyle diseases have increased. Advances have positively influenced life advances in medicine, but the quality of food and diet has also been affected. According to the current understanding, the nutrients necessary for the diet, having a wide variety of bioactive compounds and microbes. Compulsory food information, except for the date and batch code, must be available to the consumer at the time of making the purchase decision. And it also applies to the mandatory additional labeling required for the use of claims.

The effects of a diet high in meat, fat, salt, and sugar on the environment and human health have been known in the past. However, this study is the first global review of the topic. It collected data on countries with 90% of the world's population. Indeed, the low cost of unhealthy foods and the high average price of healthy foods contribute to the socio-economic differences in health. The poor cannot afford to buy a healthy diet, and there is also research evidence (Baldwin1). Even stores often offer unhealthy food. In plain language, this means that people who are in good health and want to live longer symptom-free lives should refrain from industrially manufactured and processed food. These include, in particular, refined sugars and flours as well as processed or hardened vegetable oils. Scientists suspect that the key to an ideal aging process is the intake of fresh organic foods such as fruits, vegetables, meat, and dairy products from grass-fed animals

Nonetheless, low-income earners often fall into the pitfall of buying seemingly cheap foods with poor nutritional value. Such low-priced but unhealthy food items include white bread, meatball box, and splash pizzas. Limes have no nutritional value but are harmful to health, whether they are sweetened with sugar or artificial sweeteners. If they are drunk, the low-income will leave less money for real food. To find out, scientists conducted experiments on animal models - mice. They were kept on the "Western diet" for a month (the residents of the USA abuse fast food the most, hence the name).

At the next stage, mice from the experimental group were transferred to a healthy diet for a month. Analyzes showed that the acute reaction to inflammation disappeared, but the genetic reprogramming of the progenitor cells and the immune cells proper continued. Even after four weeks of eating wholesome food, many of the genes that were included earlier remained active. The authors explain: this is since the innate immune system has memory. For example, after an infection, the body's defense becomes aggravated and is "alarming" to react as quickly as possible in the event of a new attack. Probably the same thing happens in this case, and only the immune response is caused not by pathogens, but by unhealthy foods.

Primary production, storage, and processing affect the nutritional quality, organoleptic quality, and safety of the food. Luke can develop food quality from the field to the table and even study its health effects through in vitro methods and small-scale animal and clinical trials. Scientists have also been able to identify a "sensor" of immune cells that informs them of the presence of inflammation. The intracellular protein complexes are called inflammasomes. They are signaling, that is, they can recognize infectious agents and other harmful substances and send "messages" about the presence of inflammation. True, researchers have yet to find out what exactly "embarrasses" protein complexes and forces them to request anti-inflammatory responses.

Unhealthy diets cause some of these, usually hidden DNA fragments to unwind and form something like a hanging loop. This area of ​​genetic material can be read as long as the "time base" is preserved, the authors explain. They call this phenomenon epigenetic changes, because of which the immune system reacts even to small stimuli with healthy responses. According to experts, these findings are of great public importance: it is necessary to inform people of the danger of fast food from an early age. The study is described in more detail in an article published in Cell. By the way, earlier, it turned out that fast food can also cause damage to health "by gender." So, girls who use it are more likely to get breast cancer, and in men, high-calorie harmfulness causes inflammation in the brain. However, there is good news: researchers have found an antidote that will save you from cravings for junk food.

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