



Nutritional criteria and the examination of certain nutrient factors from the perspective of food biochemistry

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Abstract

1. Background: Nutrition is the most important set of vital activities determined by economic, social, cultural, and environmental factors, as well as the ecological and environmental conditions in which societies operate. The goal of nutrition is not just to fill your stomach. In a sense, this means ensuring balanced nutrition, not just adequate nutrition, by including all the nutrients the body needs in the diet.

Nutritional criteria require not only adequate and balanced nutrition, but also the consumption of food that is safe and hygienic. Primarily, economic conditions and climate change due to global warming, mass migrations, and environmental pollution are factors that affect healthy eating criteria.

2. Methods: Individual factors influencing nutritional criteria should be considered, including specific medical conditions, age, gender, pregnancy, lactation, active or sedentary lifestyle, etc. Nowadays, excessive calorie intake is influenced by the consumption of processed foods; For example, the increase in obesity, insufficient intake of carbohydrates, fats, proteins and all nutrients; marasmus, insufficient protein intake, especially the decrease in the consumption of animal-derived protein due to economic conditions and the resulting diseases such as kwashiorkor are the most significant and widespread nutrition-related health disorders. In addition, diabetes, celiac disease, iron deficiency, and other diseases caused by inadequate or insufficient intake of certain nutrients include anemias, pellagra, scurvy, phenylketonuria (PKU), beriberi, night blindness, retinitis pigmentosa, rickets, osteoporosis, and osteomalacia.

3. Result: A balanced and varied diet, and even traditional dietary habits in our country, could be considered more beneficial than fast food diets in terms of balanced nutrition.

4. Conclusion: Incorporating simple and easy rules into daily dietary criteria, such as a varied diet rather than one-sided ones, and consuming fiber-rich foods and whole-wheat bread instead of excessive calories and sugar, will be a first step in protecting against these diseases. These topics will be briefly summarized in the compilation.

Keywords: Nutrition -1, food biochemistry-2, Marasmus, -3, Lack of Nutrients -4, Obesity-5, Balanced diet-6

