

***SUMMARY: “Healthy mind in a healthy body”*** We wanted to start our new issue with the sentence that Ataturk used to say because November is his death anniversary. We want to focus on a healthy diet which is a frequent problem in applying to the health unit in the school. Insufficient nutrition is usually determined by patients who have symptoms like dizziness, blackout, tremor, cold sweat and faint. If the patients are female, they usually have these symptoms with menstruation and pain accompany with the symptoms they have.



### SUGGESTION FOR A HEALTHY AND ACTIVE CITY LIFE

A healthy diet and having a healthy body are basic elements of success in the school. If your body mass index is higher or lower than the normal level; if your hair is weak, thin, damages easily and falls out ; if your nails are too weak and break easily or deformed; if your face is pale; if the inside of your eyelids are pale and there are ringings around your eyes; If you are feeling tired all the time even after you sleep well, you might be having insufficient diet problems.

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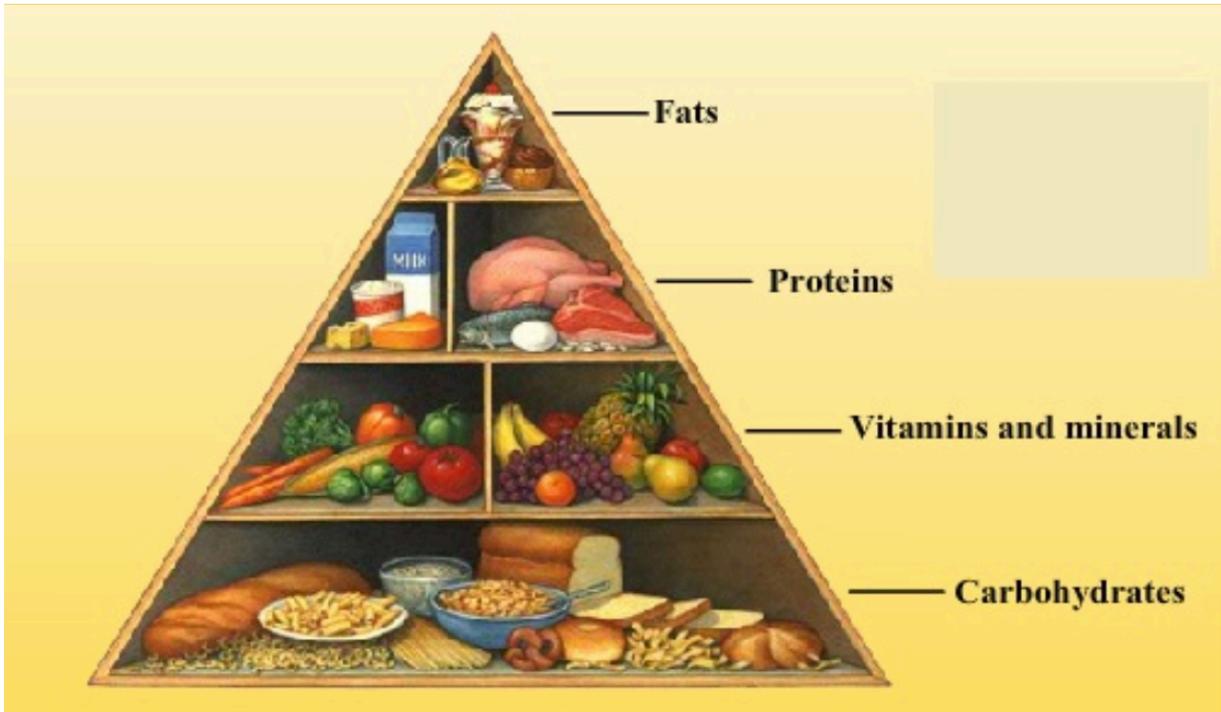
The first question that we ask is “did you have breakfast?” to the patients who faint in the school or the patients who come to the health unit with the problems are listed above. The answer is always no. When they say “yes”, we ask “what did you eat?” They never eat enough for body nutrition. When the patient comes to the health unit with an insufficient diet problem, we make him/her lie down on the stretcher and measure his/her blood pressure, pulse, blood sugar and fever to make sure the problem is insufficient diet. After we diagnose the problem we give the patient enough diet and they get better without using any medicine.



The first thing that comes to mind when we say an insufficient diet, there is no enough protein, carbohydrates, vitamins, minerals and fats in the diet for normal body function. In daily city life, people usually eat only to suppress their hunger and never pay attention if they get enough calories or nutrition for the body or they eat a lot of carbohydrates and fats. In both situations, there is a lack of proteins, vitamins, and mineral which the body needs and that causes health problems both directly or indirectly.

If asked what is a healthy diet that is enough for the body. There is no exact answer to the question because everybody has a different physiology and everybody needs a different amount of nutrition.

In this bulletin, we can only give some advice about what a healthy diet is to people who have a really bad habit of eating and are having health problems. And we cannot write any specific diet information here. If you need further information about your nutrition you can consult a dietitian, you can come to the health unit or you can read books, articles or journals which are written by experts.



As you can see from the food pyramid above, the first level of nutrition is carbohydrates (basic needs of nutrition and energy sources). On the second level, vitamins and minerals come. On the third level, proteins come. And on the last level, fats come. When you go lower levels, the pyramid gets bigger and when you go upper levels pyramid gets smaller. That means the body needs to decrease while going through upper levels of nutrition pyramids. And we can also add water to this nutrition list. For a healthy body, it is necessary to get at least 2 liters of water in a day.

**Carbohydrates:** Every food we eat has some level of carbohydrates, and they have a role in giving energy that is needed by the body. Food digestion process, internal organs functions, muscle movements, brain work, etc. These are the body functions that need energy. That energy sources are carbohydrates. Daily energy needs are calculated by body mass index and vary from person to person. Also, daily energy needs vary according to daily activities.

**Vitamins and minerals:** The human body comes from cells and organs. Vitamins and minerals take part in the cells' and organs' functions. Basic functions are protein metabolism, body immune systems, nerves electric activities, cell regenerations, etc. Vitamins sources are usually fresh vegetables and fruits. And also, vitamin B which takes part in carbohydrate metabolism are found in fish, meat, cereals, nuts, walnuts, peanuts, and other shelled fruits.

**Proteins:** The basic element of a cell is protein. And cell regenerations and cell productions need proteins. Food of animal origin is basic and good protein resources (meat, chicken, fish, milk, egg, cheese, etc.). In the human body, there is always cell construction and cell destruction. Because of that getting, enough protein into the body is important.

**Fats:** Fats wrap internal organs, and protect them from external impacts. There are fat layers under the skin that prevent heat loss and protect body muscles and bones. Fats are not only necessary for body support and prevention from heat loss, but they also take part in carrying some vitamins, some metabolic activities, producing hormones, and also give high energy.

**Water:** Every metabolic activity in the body needs water. The basic activities are; blood circulation, food digestion, removing urease (which residual substance of proteins and highly poisoner) by kidneys. Everything on the body depends on water. And because of that daily intake of enough water is so important for the healthy functioning body.

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