

Fatty Fish as a Personalized Food and Medicine

CHAPTER 17

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Abstract

The world food system feeds six billion of people, with nutrition. The current rise in diet-related health and depicts many aspects of increasing the nutritional quality of individual foods will health and in guiding individuals to achieve topmost the genetic basis for varying and the diverse responses to foods. As a result, the secret to personalizing diet and health. Human health recommendations for lifestyle modification, basically include diet and physical activity, have been widely accepted for the prevention and treatment of disease. It considers the individual with respect to one's genes and environment. Personalized food and medicines are a newly developed term that refers to improving individual health outcomes of managing chronic disease.

Introduction

Overall health is achieved through a combination of physical, mental, emotional, and social wellbeing, which, together is commonly referred to as the health triangle. One of the principal determinants of maintaining good physical health is to have nutritionally balanced food or nutrients. Seven major classes of nutrients are carbohydrates, fats, proteins, minerals, vitamins, fiber and water. Nutrients may be classified as macronutrients or micronutrients depending upon the quantity needed in the routine diet; those nutrients needed in relatively large quantities are called macronutrients (or bulk or basic nutrients) and those needed in relatively small quantities are called micronutrients. An ideal combination of the basic nutrients is made up of 50-60% carbohydrates, 30% fat and 10-15% proteins; although the other nutrients, vitamins and minerals, do not supply energy, they are essential for many physiological functions vital for the preservation of health.