

Original Article: The Effect of Nutrition on the Factor of Anxiety and Depression and Its Effect on the Life of Single Men

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ABSTRACT

The main nutritional problems of the country are malnutrition due to low protein and energy intake (PEM), iodine deficiency, iron deficiency and anemia caused by it. Vitamin A deficiency and other deficiencies including B vitamins such as vitamin B2 and vitamin D deficiency have also been reported in children. The increase in need during this period is significant, especially in children who need more nutrients and micronutrients such as iodine and iron in growth spurts. The difference in need between girls and boys, especially during puberty, is due to the difference in the age of puberty, and after that, the need for iodine and iron is higher in girls. But after puberty, the balance of hormones in boys is such that the growth of the thyroid gland stops due to iodine deficiency in them, but in girls, the need still exists until pregnancy. For this reason, after puberty, goiter is 5 to 6 times more common in women than men. The analysis of the findings shows that there is a significant difference between the learning level of students who have used proper nutrition and students who have not received proper nutrition. Also, the level of learning in students who are fed is higher than the level of learning of students who did not use proper nutrition.

Introduction

Research in Bangladesh shows that underweight and short girls (malnourished mothers) have given birth to shorter children. Between 1937 and 1982, this reduced the height of Bangladeshi rural boys by 12 centimeters over a 45-year period. One of the reasons is the current and traditional habits that women usually sit at the table later than men and receive less food [1-3]. This nutritional

discrimination causes short stature and malnutrition of girls. Malnourished young girls who marry earlier and have children are unable to have children of balanced weight. About one million children under 2.5 kg are born each year in Bangladesh, which is the highest LBW rate in the world. But because of the sequence that connects the strings of issues from birth to the last days of life, we have to know how a baby born to a malnourished mother may not be able to learn enough during school [4-6]. Research has shown that adding iron to the

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diet, if done with the goal of reducing anemia by two-thirds, can be worth \$ 3.2 billion over seven years. Based on the findings of a study conducted on first grade primary school children in District 1 of Kerman, the effect of receiving iron tablets on children's mental concentration and improving learning ability was compared with the control group [7-9]. This study showed that iron supplementation will improve the mental concentration of anemic children. Therefore, they are likely to give birth to a boy or a girl with a low weight (less than 2500 grams) [10-12]. Research has shown that low birth weight mothers give birth to shorter children and smaller heads. This research has shown a significant relationship between maternal age and birth weight, including that younger mothers give birth to smaller children. Hemoglobin concentration in the first trimester also had a positive relationship with weight, height and head circumference of the baby. Underweight children typically have many problems with growth, nutrition, and immunity, and are more likely than healthy children to experience developmental delays in childhood, and thus this defective loop results in a shorter generation [13-15]. Human need for food is one of the innate or physiological needs that is the most important factor in survival and longevity. The need for food is constant and forces the body to strive to obtain food and satisfy hunger. Proper and balanced nutrition not only enables the phenomenon of growth and leads to health and longevity, but also has an effect on the nerves and psyche, causing the intellectual growth and development of mental forces. The chemical composition of human food must contain proteins, fats [16-18], carbohydrates, minerals, vitamins, and water to ensure the growth and health of the body's cells. These substances are absorbed by changes in the gastrointestinal tract and are used by the body's cells to meet vital needs. All living organisms need food to survive whether this living organism is human or not or an animal or even a very small microscopic creature like germs, etc. On the other hand, every day a number of cells in the body die and new cells should replace them. Accordingly, the cells should get the necessary nutrients from food.

Also, maintaining the body's natural heat - which is always constant during health - fighting germs and pathogens, daily hair and nail growth, heart, and respiratory function, body movements, work capacity and human activity and even mental work depend on adequate food intake. Usually, the food that humans consume is composed of various substances, which are: sugars and starches or carbohydrates and fats that are energy-intensive and provide daily energy, protein substances are needed to maintain and repair tissues and build new tissues. Vitamins, minerals, and water are not energy sources, they have no calories, but they are needed for normal growth. Inadequate intake of them causes growth retardation, blood disorders and bone weakness (growth encyclopedia). Human needs for food vary at different physiological stages and range from the need to care for an adult to the need at different ages such as growth, pregnancy, and lactation, and illness [19-21]. The amount of energy needed will also vary depending on age, sex, muscle work, living conditions, and climate. Humans get the nutrients they need from plants, animals, and natural resources, and the chemical composition of their food includes vitamins, carbohydrates, proteins, fats, minerals, water, and electrolytes [22-25]. Today, the role of good nutrition is more important than ever. At least 4 out of 10 causes of death in the world. Cardiovascular diseases, cancers, strokes and diabetes are directly related to our own eating habits. Of course, food alone is not a long-term key to a healthy life. Good nutrition should be part of a healthy lifestyle (the main principle) and other things such as regular exercise and daily movement, quitting smoking, consuming excess alcohol, controlling life stress, prevention of pollution and environmental pollutants are also directly involved in a healthy lifestyle [26-28]. Genetic factors and hereditary factors can also contribute to health risks. Thinning and weakening of bones are the result of osteoporosis. You may be genetically predisposed to diabetes if you control your weight in a healthy range and have a proper diet and regular exercise will never harm you. The key to good nutrition is balance-diversity-moderation. Human need for food is one of the

innate or physiological needs that is the most important factor in survival and longevity. The need for food is constant and forces the body to try to get food and satisfy hunger. Proper and balanced nutrition not only enables the phenomenon of growth and leads to health and longevity, but also by affecting the nerves and psyche, causes the intellectual growth and development of mental forces. The chemical composition of human food must include proteins, fats, carbohydrates, minerals, vitamins, and water to ensure the growth and health of the body's cells. These substances are absorbed by changes in the gastrointestinal tract and are used by the body's cells to meet vital needs [29].

Nutrition history

Until the early 19th century, the concept of eating was just filling the stomach, and the feeling of hunger forced man to consume what he saw available, regardless of its quantity and quality. Urbanization and the formation of communities have brought about great changes in human diet [30-32]. The first communities and cities were established in Mesopotamia, Western Asia, Egypt, and Greece. Early urbanites knew agriculture and animal husbandry well and used various products for their nutrition. Iran is the first country in the world where early humans were engaged in agriculture and animal husbandry. (Two experts, Arthur Keith and Dr. Ernst Hertzfield, have proven in a book called *Iranian Industries* that agriculture and civilization began on the Iranian plateau). Excavations in some parts of Iran such as Shushtar, Damghan, Persepolis, and Silk Hill of Kashan show that the history of agriculture in Iran is more than 6,000 years. The history of nutrition in Greece shows that the ancient Greeks were very important for nutrition. They believed and this sentence is attributed to them: "To strengthen the soul, the body should never be forgotten and people should be educated with proper exercise and food." Evidence shows that in ancient times the Greeks ate more than plants, and the consumption of mutton, poultry, sugar, dairy and fish was also common among some sections of society [33]. They also loved and

consumed olive oil. In ancient Rome, people farmed and ate grains, legumes, fruits, and some vegetables. Cereals were their main food, and meat consumption was limited to the aristocracy [34-36]. In later periods, after the establishment of the empire in Rome, the nutritional status of the people changed and the Romans, after various conquests, imitated the nutrition of people of the conquered lands and in this way went to extremes [37-39]. Of course, this diet belonged to the affluent classes and the nobility, while the common people had a simple diet. At this time, even cookbooks were published in Rome, the book *Deipnosophistae* by Athenaeus was published in the second century AD, and it describes how to prepare meat dishes, vegetables and other information [40-42]. In the case of diets, it dates back to 1900 BC in Sumer, where a child's diet was written and is now housed in the Istanbul Archaeological Museum [43-45]. Throughout history and from the point of view of different religions, diets have been very important and many religious books have reflected on nutrition during pregnancy, lactation, and fasting. Hippocrates often gave his patients advice on whether or not to eat certain foods, and most ancient Greek physicians used diet as an important part of their treatment of disease [46]. Zakaria Razi, known to many as the father of nutrition and child nutrition, has various dietary recommendations. Also in the book of maintaining health by Israf Ibn Muhammad in the field of nutrition and diet in different periods, useful contents are mentioned [47]. Despite the great importance of this field in maintaining human health from the past to the present, but until the end of World War I, there was no organization that was officially active in this field, until 1917, the first association of dietitians by a group of nutritionists America was founded. The association first published the *Scientific Journal of Dietitians* in 1925. And gradually expanded the scope of its activities in the field of food service management of nutrition centers. Graduates of this field, called dietitians, should use all their information and knowledge to help establish and improve human health.

Nutrition definition

Food refers to any substance that an organism eats or drinks. The word food also includes drinking liquids. Food is the main source of energy production and nutrition in animals, and usually animals and plants are the source of its production (Encyclopedia of Growth site). Another definition of nutrition is as follows: Food is a solid or liquid substance that generates heat and energy after eating and digestion and causes tissue repair, growth, and regulation of vital functions. The study of food is called nutrition or food science. In Persian, the word food is also used virtually; like food of thought.

Food preparation

Most foods should be prepared before eating. Steps of food preparation include washing, chopping, and adding ingredients to it, including spices. Other stages such as mixing, cooling or heating, cooking, etc. are also considered as food preparation stages. Most food preparation steps take place in the kitchen.

Food preparation instructions

Usually, parents teach their children how to cook and prepare food, which is based on their tradition and culture. Since the printing industry developed widely, written recipes for food have been marketed as cookbooks. Food production: In ancient times, the stages of food production were limited to methods of preventing corruption, food packaging, and transportation. Salting, drying, pickling, and smoking were the basic methods of preserving food. Cheese was the first processed food product. In the 19th century, with the beginning of the industrial age, food production flourished. It was during this period that with the development of technology, methods of preventing corruption, packaging, and barcoding as well as food transportation evolved. In addition, with the development of industry, ordinary people who could not afford to hire a maid were able to enjoy the benefits of ready meals that reduce cooking time.

Nutrition and its effect on adolescence

The need for energy and nutrients varies between the sexes and at different ages, even depending on the level of activity of adolescents. Due to the sensitivity of adolescence to physical and mental development, proper nutrition during this period can prevent many diseases and complications. People between the ages of 10 and 18 need to receive more energy, and this amount is higher in boys than girls because growth Muscles are more in boys. But bone density among boys and girls is almost equal and occurs very quickly. The need for energy and nutrients varies between the sexes and at different ages, even depending on the activity of adolescents. Various issues affect adolescents' eating habits, one of the most important of which is the social pressure to lose weight. The image that the adolescent has of his body and the importance of his weight and appearance at this age reaches its peak. Statistics show that 16% of girls between the ages of 15 and 18 tend to lose weight, compared to 3% of boys. More than half of teens experience acne or pimples during this time of life. The presence of acne during adolescence may be related to the consumption of certain foods such as fatty foods, fats, sweets, and chocolate, as well as other factors such as stress and menstrual cycle in girls. The latter two factors are more important than nutritional factors. Acne treatment with some antibiotics as well as vitamin A supplements has been suggested. However, the importance of each of them is still not scientifically certain. Adolescence is a period with special characteristics in life. During this period, the adolescent, his parents, as well as those who are in contact with him through health services or the education system, face special problems and crises. In dealing with adolescent nutrition issues, points such as rapid growth, puberty, and psychological and personality changes should be considered. During adolescence, three aspects of growth are important: The first is the intensity and speed of growth during puberty, the second is the difference between the sexes in terms of time, growth and changes in body composition ratio, and finally the differences

between different people in terms of time and intensity. Occurrence of events and subsequent growth. In addition, it should be noted that adolescents' eating habits and the type of food consumed by adolescents are influenced by various factors such as their environment, lifestyle, and personal development. For these reasons, to counsel and educate this group in order to improve their nutritional status, in addition to nutrition knowledge, they should be equipped with aspects of social sciences and psychology. Regulating and controlling body fat in adolescents is a significant topic. At birth, the number of fat cells during production is estimated at about 5 billion, and as a result of hyperplasia and hypertrophy, fat cells grow larger and larger during growth. There are 30 billion fat cells in a young person. Numerous factors such as the effect of parents (children of obese parents are three times more likely to be obese) as well as physiological and anatomical factors are also under investigation. To control adolescent overweight, firstly, the stage of sexual development and puberty, and secondly, the use of the participation of mothers and friends of adolescents. It is important. The caloric requirement of this group is significant for adolescent boys 45 to 55 kcal per kg of body weight and for girls an average of 40 to 47 kcal per body weight. The process of weight loss in the best form should not be more than 1 kg of weight loss per week. In these stages, the emotional support of friends and neighbors is important. Deficiency (PEM) the main nutritional problems of the country are malnutrition due to low protein and energy intake and other deficiencies including deficiency of vitamins A, iodine, iron deficiency, and anemia due to it. Vitamin deficiency has also been reported in children. Some of these deficiencies, such as vitamin D deficiency and vitamin B2 deficiency, such as vitamin B deficiency, affect all age groups due to the lack of nutrients in local foods, but children are at greater risk due to increased need during growth. The increase in need during this period is significant, especially in children who need more nutrients and micronutrients such as iodine and iron in growth spurts. The difference in need between girls and boys, especially during puberty, is due to the difference in

puberty, and after that, the need for iodine and iron is higher in girls. But after puberty, the balance of hormones in boys is such that the growth of the thyroid gland stops due to iodine deficiency in them, but in girls, the need still exists until pregnancy. Other deficiencies, such as calcium and vitamin D, affect both sexes equally in childhood and adolescence, but ultimately women are more at risk for calcium and vitamin D deficiency. Therefore, although proper nutrition is important in both sexes during childhood and schooling, women are more vulnerable and need special attention because they use their body reserves during pregnancy and lactation. Malnutrition in girls actually puts the generation at risk. Short women typically have a small pelvis and their fetus cannot grow potentially during pregnancy, so they are more likely to give birth to a boy or girl who weighs less (less than 2,500 grams).

Research has shown that low birth weight mothers give birth to shorter children and smaller heads. These studies have shown a significant relationship between maternal age and birth weight, including that younger mothers have given birth to smaller children. Hemoglobin concentration in the first trimester also had a positive relationship with weight, height and head circumference of the infant. Underweight children typically have many problems with growth, nutrition, and immunity, and are more likely than healthy children to experience developmental delays in childhood, and thus this defective loop results in a shorter generation.

Conclusion

Research in Bangladesh shows that short, thin girls (malnourished mothers) have given birth to shorter children. Between 1937 and 1982, this reduced the height of Bangladeshi rural boys by 12 centimeters over a 45-year period. One of the reasons is the current and traditional habit that women usually sit at the table later than men and receive less food. This nutritional discrimination causes short stature and malnutrition of girls. Malnourished young girls who marry earlier and have children are unable

to have children of balanced weight. About one million children under 2.5 kg are born in Bangladesh every year, which is the highest LBW figure in the world. One of the things that always attracts the attention of psychologists, researchers and scientists is the effect of proper nutrition on a variety of mental functions. The analysis of the findings shows that there is a significant difference between the learning level of students who have used proper nutrition and students who have not received proper nutrition. Furthermore, the learning level in students who are fed is higher than the learning level of students who did not use proper nutrition.

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