

Socio Economic Status Lost Connection with Healthy and Nutritious Diet Consumption Practices

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Abstract

In olden days, well to do people used to consume ample amount of healthy and nutritious diet. People belonging to rich class and well placed people used to have ample amount of money to buy sufficient food. In those days, most of the food items available were mainly from biological origin and food used to be mostly domestically processed in small quantity for instant consumption. The concept of bulk preparation and storage for longer time was not in common practice. Socio economic status was found to be related to healthy and nutritious diet consumption practices and this dependency has been lost in recent days. This paper reveals a few of underlying reasons for losing connection between healthy and nutritious diet consumption practices with socio-economical status.

Keywords: *Socio Economic Status; Natural Health; Nutritious Diet; Knowledge Gap; Epigenetics; Genes Regulatory Networks; Natural Diet*

Introduction

Generally healthy and nutritious diet consumption practices are considered to be related with socio economical status within a given population [1]. This relationship between socio economical status and nutritious diet consumption used to exist until food based services had not been commercialized to be transformed into flourishing industry [2]. It is still debatable whether the change in social setup has been the driving force to transform food related practices into industry or it vice versa [3,4].

Large areas of green fields had been wiped off to set up industrial zones making accessibility of produces limited and expensive [5]. Chemical sciences have been used to synthesis food ingredients serving the similar purposes as those were obtained by using natural ingredients [6]. Irrespective of socio economical status consumers from all over the globe have gradually shifted on commercial diet consumption [7].

Most important factors involved in driving diet consumption habits include taste development and acceptability development for consuming new types of food items. People originated from isolated and confined localities based on self propagating communities are generally less open to try new types of food items than others. In this situation availability and accessibility of food items have little to do with change in their organoleptic characteristics and nutritional status [8,9].

Following are given a few under reported means and consequences of consuming diet originated from unnatural source.

High sugar drinks and food commodities

Consumption of high sugar drinks is associated with sudden shift in glycemic index which is associated with evolution of random mood shift tendency [10] with high risk of exhibiting metabolic syndrome [11-13] associated with augmented inflammation responses [14-16]. A few papers covering these aspects of latest understanding on knowledge at molecular level are already in pipeline.

Meat consumption

It is yet debatable whether consumption of meat is safe or unsafe. Scientifically, presence of fat has been identified as key factor to make meat unsafe. Latest understanding of knowledge has revealed that fat has little to do with evilness of meat consumption; it has more to do with presence of iron in associated and dissociated forms leached from hemoglobin and other sources and its concentration gradient balance with available copper present in associated or dissociated forms consumed with alcohol and/or with hyper-processed commercialized food products [17,18]. A few papers covering these aspects built on latest understanding on knowledge at molecular level are already in pipeline.

Food processing methods

The wholesomeness and nutrition status of food are mainly dependent on their cultivars, genotypes, and on conditions of cultivation, harvesting, processing and storage methodologies. Generally fresh food is more nutritious and safe to consume. A large number of consumers consume less nutritious food inspite of belonging to rich and well to do socio economic class mainly because they prepare their food in pressure cooker and/ or use chemical additives and commercially processed spices and herbs to prepare their food items to and to save time or use preservatives to extend their shelf lives. Similarly, food consumers who rely on instant food are generally nutritionally deficient [19].

Food combination and food architect

The ingredients of food have already been recognized for their respective impacts imparted on consumption cumulatively on consumers. Recent understanding on knowledge has revealed that in addition to the impacts imparted by individual ingredient composing the consumed food items in the body there is cumulative effect that the human bodies experience and respond to on consuming diet depending upon the different combinations of ingredients, combinations of food items and their structural physical chemical and biochemical architect in addition to micro flora being dwelling on food which alters under stress conditions, with change in environment and climate and in different diseases [19-21]. For instance meat consumed by alcoholics has impact different from those individuals who do not drink. Similarly the cumulative impact imparted on the body of consumers on consumption of halal or kosher meat is different from the meat obtained from same types of animals processed without bleeding them to death by cutting their artery present in the neck, a procedure that is followed to obtain halal or kosher meat. A few papers covering these aspects built on latest understanding on knowledge at molecular level are already in pipeline.

Taste factor food myths and misinformation- Food unacceptability

A huge population of consumers refuses to eat healthy and nutritious food items merely because they are not open to try new food items and to develop new tastes [22]. So, it is not always the availability of nutritious food or its cost but there are several other factors which are the underlying reasons for malnutrition [22-25]. In several regions of South Asia, people refuse to eat various types of foods merely because they consider it hot or cold e.g. unsuitable to be consumed in certain seasons or in certain health conditions making individuals mal nourished [9,22]. There is a huge gap in understanding on knowledge in biological sciences and allied fields and also in area of nutrition [9,23]. For having gap in understanding of knowledge people are mis informed which in turn creates adverse effect on Public Health besides leading to evolution of new types of illnesses and health complications [26-28]. A few papers covering these aspects built on latest understanding on knowledge at molecular level are already in pipeline.

Big challenges

In this era, projects for applications including the commercial applications are being launched with evolving science concepts and they are being heavily financed to provide services and goods to consumers. Science evolution is a process of learning unlearning and

relearning. This process stays at a halt when commercial factor is associated with science knowledge progression and its applications. It is for same reasons consuming many diet items, restricting others often worsen natural health conditions putting well being of general public at risk. Manipulation of scientific content to gain commercial benefits has become a common practice which has evolved as a serious thread for well being of global community and upcoming generations. Situation has become worsen in developing part of world where most of the people lack appreciation for knowledge progression and are reluctant to abide, and rules regulations and to stay within the limits defined by law which is tailored as per need and their application varies from individual to individual. Under compromised law and order situation, every one is at risk for being the victim of undergoing unregulated experiments without taking consent or informing the concerned individuals and authorities while breaching the privacy leading to severe devastating consequences.

Result and Conclusions

With evolution of science knowledge, technology and their application socio-economic status has become unrelated to healthy and nutritious diet consumption practices particularly since food based services have acquired the status of flourishing industry. This paper reveals a few underlying reasons for losing connection between healthy and nutritious diet consumption practices and socio economical status imposing a big challenge of halting the process of science knowledge progression and its transformation into sustainable cost-effective technology which has evolved since commercial aspect has been associated with scientific research and its application. Manipulation of scientific content and risk of putting everyone on experimentation both regulated and unregulated ones without taking consent or informing all concerned authorities, can become a common practice where law and order situation is compromised and rules are tailored as per need.

Global regulatory agencies e.g. United Nations subsidiaries should take serious measure to make science a safe practice for global community and for upcoming generations inhibiting its unregulated applications across the globe.

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