

Nutrition and its Limitations Now a Days on Health

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In recent years, we are seeing a certain threat to the accurate nutritional information, as an indirect consequence of the advances in science and technology. That is, due to the ease access to information by consumers and, simultaneously, the feasibility of publication on various websites by anyone, it becomes increasingly difficult to distinguish the qualified opinion of the unskilled for the general public.

I think we would have to think of an alternative way of information, other than specialized magazines, because we are already late. As proof of this, and to highlight that it is not a local phenomenon of a country or region, very old diseases are appearing in the world, as a consequence of the false idea that vaccines represent a risk; cases of poor nutrition for not ingesting milk from cow or any animal similar to human beings, as a result, we have deficient intake of calcium and high quality proteins.

In my country, Argentina, specifically in the city of Rosario with a population of approximately 1.5 million inhabitants, where there are 3 universities where nutrition and several careers related to Health are taught (Medicine, Pharmacy, Biochemistry, Nursing) years after years, undergrad students are having wrong information about nutrients and food as a consequence of "bad speakers" through media.

The veganism is in crescendo which causes serious health problems in neonates, young children and in the elderly, where they can not choose their food but their parents or guardians do it for them. It is not a point of view; it is a fact that at certain ages, the vegetables are not good enough of high quality source of food. I am not saying that the vegetables are bad, just the opposite, but we have to add to them, some animal origin foods.

Brain development needs an adequate intake of high quality proteins, and that fact represents a challenge for us. I mean all the professionals whom are dedicated to nutritional education should rethink a strategy much more effective because we are losing the battle.

I invite my colleagues to give their opinions on the experiences they have had in their respective countries and I would like to hear some proposals that we can put into practice. Moreover, I would like to know if in some countries, by legal provisions, it was done.

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