

What we eat? Or how we eat? Which is more important

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Abstract

Nutritional content of foods especially some specific minor components such as phenols, fiber or vitamins etc. were highly researched area for effect of their consumption on health promotor and disease prevention. Their health beneficial effects also limited not only consumed amount but also cooked and or consumed style, consumed with other foods in menu or daily diet and stress or stomach status effected factors etc. are other important factor determine the health beneficial effect of minor component. In this work some of these factors are presented to establish a habit for increase the absorption and bioavailability of these minor components.

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What and how we eat?

Phenols, fiber, mineral or vitamins etc. are named as minor component because their content are not as high as protein, carbohydrate or fat. Mostly minor component of food consists of less than 1% of food composition. Protein, carbohydrate or fat are named as major components of foods. They are important for sufficient nutrition, energy and healthy life. But minor component has special importance, despite of their low amount in food, they had specific activates or effect on consumer health.

There are huge number of research article and magazine news on what food should be eat for a healthily life. These literatures depend on foods which have some content of specific components but they not mention effected factors on content of these components. For plant origin foods; cultivation conditions, open area or green house cultivation, harvest time, or storage conditions and genetic character or cultivar should be evaluated.

Besides the consumed food minor components and their content, their consumed and digestion condition was also important for their bioavailability. Consumer eating habit should be organized according to increase both foods which have nutritive content and high bioavailability conditions. Researchers focused on determine the potential of increase the bioavailability by working on how fast or slow eating, eating time, stress conditions during eating or digestion, what other foods in menu and what is the cooking receipt and conditions. For example the body clock is generally understood as the physical process that determines when we sleep, but actually every cell of our body had body clock which determines its optimum working time. Experts are now examining our eating habits and checks whether eating at irregular hours or very late at night matches or not with rhythms of our bodies. Relationship between eating habit and body clock was important research area and it is named as Chrono-nutrition.

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What and how we eat is directly related to our health. It also has great importance in terms of fighting against disease. Bioavailability of minor nutrient was directly affected by foods of menu. Because consumption of some nutrients in same meal can increase the bioavailability. Also some foods should be not consumed because they reduce the absorption and bioavailability nutrients.

Another ignored factor of bioavailability was stress status during after consumption of foods. Normally like Mediterranean type consumption habit meal times are important part of day and people consumed foods slowly and get relaxed and communicated each other's during and after these breakfast, lunch or dinner time. But unfortunately busy working days of modern life meals are consumed under stress and very fast. Fast eating, eating when walking, working or driving, eating bad emotional and motional status may be responsible reduction of working effectiveness of not only digestion system but also all body cells. So that under these stress conditions reduce the nutrition bioavailability of consumed foods. From these perspective, Mediterranean diet should be thought as not only Mediterranean foods but also it should be considered all of these rituals.

Last year's "slow food" concept is established against "fast food". But also "slow city" concept was created for some cities which develop, prevent and use their nature and slow day life against stressful and fast modern life. "Slow city" concept also covers "slow food" concept so that these maybe be thought as a whole with food consumption habit and working life situation.

Cooking or preparation of own meal by individual or group and eat after that also reduce the stress of people and get ready for digestion system. So that cooking and eat meal with friends also should be advised not only increase enjoy and sensory satisfaction of meal but also increase the absorption and bioavailability of components.

Cooking conditions directly effect the loss of minor components. So that fast and high cooking conditions increase the losses. General idea is that, low cooking conditions, raw or semi cooked food consumption should be preferred. Oppositely bioavailability of some nutrient such lycopene in tomato increased after thermal process.

Conclusion

Health beneficial effects of foods directly related to composition of food and consumption type and conditions. In this respect slow eating, relaxing before and after eating for giving time body efficient absorption, correct eating time for body clock, appropriate menu which increase absorption in meals and appropriate cooking type to reduce nutrient loss and low cooking conditions or raw consumption for thermal sensitive nutrients of food are important and basic factors higher bioavailability of minor component of foods.

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