

## Human Diet and Health Care

Human diet has been a core issue of Health in all Centuries & Decades. Earlier when food was cooked, presented and conserved in natural utensils made up of clay and copper containers there were gastrointestinal problems; however they were caused by contamination of bacteria or fungi.

In modern times the food is cooked in synthetic utensils mostly made up of plastics. Thus during cooking interaction of food components takes place with utensils which is highly toxic. After cooking food materials are conserved by addition of chemicals which are neurotoxic, carcinogens and damaging liver and kidney. Thus incidence of complicated pathology is remarkably increased during last three centuries. Physiologically human body has been organised to take once, twice or three meals a day. This is visualised through history. However in modern times food business diplomacy has advocated dietary intake all round clock when you are awake. Unfortunately the so called legal protectors of human life have never intervened and quietly supported the food business.

It is need of the time to reorganise research for dietary planning based on scientific and cultural evidence and to report such findings to the public. The duty of health care system is to promote activities in human society which are not contrary to scientific findings.

### REFERENCES

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