

CO- RELATION BETWEEN - HEALTHY DIET AND HEALTHY PERSONALITY

Abstract

This topic is about relationship between healthy diet and healthy personality among different stages of life. It includes meaning of healthy diet and personality, stages of family life cycle, time management, pattern of sample menu, importance of healthy diet, negative effects of junk food, relationship between food and personality, food pyramid, a food capsule for good health and healthy personality and effects of nutritious diet in human's personality.

Human Life is very precious. It is the result of our past Good Deeds that God gifted us this life, which is invaluable.

Introduction

- The moment a woman comes to know about her conception, she starts weaving a web of sweet dreams about her coming child. Every mother wants her child to be physically fit, mentally alert, socially active, psychologically sound, and emotionally stable.
- There is an important saying Dictum in Gita i.e. ***“OF FOOD ARE BEINGS MADE.”***

Perhaps every woman knows the importance of food in our life and how it is related with day to day performance of the people.

- Human body is made of cells and each cell comprises of protein Minerals and water. For this one should include in one's diet Milk and Milk Products, Green Vegetables, Meat, Egg, Fish, Liver etc. legumes , Pulses, Nuts and Seeds.
- The blood in our body contains important constituent Haemoglobin which is comprised of "Haem & Globin." Haem part is made by Iron which can be derived from Fleshy Foods, Sprouted Food, Dates, Pomegranate, Green Leafy Vegetables like Mustard Leaves, spinach, Fenugreek Mint etc. Globin part is made of protein which can be obtained from Nuts, Legumes & Pulses, and Fleshy Foods etc.
- The bones of our body are made up of Calcium & Phosphorus which one can have from Milk & Milk products like Curd, Cheese and Fleshy Foods and Green leafy vegetables.

Health

- Health is defined by **World Health Organization** (W.H.O.) as a state of complete Physical, Mental and Social Fitness and not merely absence of a disease.
- “**Health is Wealth.**” For this one has to be aware of the term **Nutrition.**

Nutrition

- **“Nutrition is the combination of processes by which the living organism receives and utilizes the material necessary for the maintenance of its function and for the growth and renewal of its components.”**
- Diet that we consume is reflected in the personality of the consumer. Before discussing the inter-relation between the two, “What is Personality”? Must be known.

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Personality

- **‘Personality is sum-total of one’s Physical Appearance, (Physique, Anthropometry Complexion)the body language, habits, etiquettes, way of talking, style of walking, dressing sense and above all character.’**
- There are a million different ways that show co-relation between how different people eat and millions of different types of personalities.

- An eating habit can also refer to how, why, with whom, or what a Person eats. An adult is often engaged in different type of profession broadly.
- Sedentary Workers- Bank Employees, office going Employees.
- Moderate Workers- Civil Engineers, Plumbers, Carpenters etc.
- Heavy Workers- Laborers, Farmers, Athletes etc.
- Sedentary and Moderate workers require Low CALORIE Diets, whereas Heavy workers require High CALORIE Diet. The people who do mental work will require High Protein Diet.
- Every person takes time to eat depending on their daily schedule. Schedule will change throughout their life and so will their eating habits. Every person will have a different daily schedule one way or another. Every family passes through different.

Stages of Family Life Cycle

- **Beginning stage** – When husband and wife start a new house after marriage.
- **Expanding stage** - # with arrival of children this stage begins.
 - # School going children.
 - # College going children.

- **Contracting stage** – When children get settled in their own life, same couple who was young in beginning stage gets older now.
- In all the above stages, Feeding requirement and eating schedules, types of Food consumed also change. The whole dietary pattern definitely affects everyone's personality in the positive way provided wise selection of foods is done.

- **Childhood Dreams**

- Chubby Cheeks, Dimple Chin,
- Rosy Lips, Teeth within,
- Curly hair, very fair,
- Eyes are blue, lovely two
- Mother's pet is that you?

- **Adolescent Dreams**

- Smiling face, Lustrous eyes,
- Shining hair, very fair,
- Sturdy bones, strong muscles,
- Fertile brain, Healthy heart,
- Powerful lungs, forceful kidney.

- For fulfillment of above dreams



- One should have healthy, Nutritious and Balanced Diet.



- For good Health and pleasing, Impressive personality.

- **Flow chart showing relationship of good health and Pleasant personality.**

How good food can help you control your own destiny.

- Good Food
↓
- Good Thoughts
↓
- Good Words
↓
- Good Actions
↓
- Good Habits
↓
- Good Character
↓
- Good Destiny

- The popular saying that ‘we are what we eat’ is quite true. It is rightly said that ‘coming events cast their shadows before’ so the foundation that our food intake,(regular) lays is like a soul in our body. When the foundation is strong, the building made on this definitely is amazing. This determines the courage with which a person faces the problem that one faces in life.

Time management

- The twenty four hours of a day is divided into three main headings:-
- Work -12 hours
- Rest & sleep - 8 hours
- Subsistence - 4 hours
- Out of the last slot, proper time should be taken to eat important meals of the day i.e. breakfast, lunch, evening tea and dinner. The following quote explain the importance of these meals in the order of priority:-
- Have → Breakfast like a King,
- Lunch like a Common man
- &
- Dinner like a beggar.

Pattern of sample menu

- For successful life proper breakfast is a must consisting of
- Milk based drink
- Cereals & protein rich diet.
- Many surveys have calculated the Performa of people in different age groups may be
- Childhood
- Adolescence
- Adulthood
- Old age
- Is amazing with those consuming regular daily breakfast intake in a relaxed manner.

In Lunch:-

- Along with rice or Chapati
- A Gravy vegetable
- Curd or Raita
- Nutritious salad
- **In Evening tea:-**
- Mocktail
- A Saltish snack
- A Sweet snack

In Dinner :-

- Delicious soup
- Chapatti
- Dal (whole)
- Root vegetable & other vegetables
- Salad
- Nutritious desert.

- **#** To start the day, lime honey in warm water accelerates the Peristaltic process of our body that eliminates toxins and unwanted products from our body and our body becomes fit and fine for the day long activity with level zeal and enthusiasm.
- **#** Inclusion of sprouted and fermented foods in daily diet plan enriches our body with Protein, Fiber, B-Complex vitamins, carbohydrates, Calcium and Iron that contribute to the performance of following functions.

Importance of healthy diet

- To provide energy for performance of
- # Physical activities
- # Mental activities
- # Voluntary activities
- # Involuntary activities
- Growth and development of body and repair of worn out cells.
- Maintenance of body processes.

- ***Beside all above activities food also contributes to***
- # Social life of person
- # Psychological life of person
- # Cultural aspect of person that included custom tradition of the family.
- In the era of globalization different means of communication – computer , internet , facebook , social media , all affect inter- personal relation which create an environment for people of different caste ,culture and creed show their dietary pattern whenever they meet in National & International conferences and summits.

Observation

- # The people who miss their breakfast due to getting up late in the morning, show changes in their mood, behavior and emotion. A lot of things dealing with their personality will most likely change throughout the day. Their mood might change, their behavior could differ and their emotions might change all because their eating habit for this day has changed.
- # Food and drug Administration has shown that unbalanced diet consumption, irregular feeding habits can cause '**Antisocial Personality Disorders**'.
- # Families that grow hungry for a certain period of time will grow apart from each other. Their attitudes towards each other will change dramatically. Their personality will completely change and will not see eye to eye with one another. People that are hungry will find Drug and Alcohol to fulfill their hunger.

- # Culture can form the views and opinion that people embrace along with all the tradition, peer pressures, social interaction policies and even food are all the factors that affects one's personality and contribute a lot towards personality development.
- # Most employees of fast food workers prefer to hire workers they can train on the job. Training is generally short in length and doesn't last more than one month, serving demanding and irritated customers can be very stressful. A pleasant personality is important because it makes a big impression on others.

For Good Personalities

- Consume healthy food and not junk food. Healthy food is better than junk food we are living in the age of
- # Mcdonald
- # Kfc
- Where it becomes too hard to resist the tempting offers of Pizzas, burgers, French fries and their other appealing food stuff these food claims offers.
- The healthy and alternatives of food such as fresh fruits, vegetables, whole grains', lean meat can't satisfy the craving for eating.

Negative effects of junk food that destroy our personality completely

- ***Obesity***
- Among teens, heart problems.
- ***Eating disorders***
- And new researches call for our attention.
- # Healthy food provides not only right source of energy for everyday bodily activities but balanced amount of nutrients like protein , vitamins and mineral fulfill the needs to perform at its optimum level .
- Junk food on the other hand gives quick burst of energy that is followed by slow and lazy feeling and its fat content causes obesity.
- # Healthy foods keep a steady flow of energy throughout the day, it maintains and increases stamina and productivity.

- Junk foods slow down metabolic activity and cause poor concentration and energy that makes human body tired.
- # Healthy foods have good cholesterol while junk food is high in bad cholesterol level that has adverse effect on liver.
- # Junk food compulsive eaters are prone to fall ill more frequently than healthy eaters as these lack good nutrients that increase immunity of human body i.e. resistance of body to fight against diseases.
- # During refining process of junk food useful and healthy nutrients are lost like vitamins, minerals, fiber, and phyto nutrients. Essential nutrients are lost due to excessive heating pressure or air exposure.

- **#** Today, children consume more than 50% of their diet is comprised of highly processed and empty food calories, at home and schools. All these results in unpleasant personalities of the children.
- **#** More than 4000 artificial additives in junk food range from preservative, artificial colors, sweeteners and chemically changed false fats. Additives are not tested properly that can have harmful effects on human health.
- **#** The preparation of junk food is subjected to unhealthy farm practices such as heavy pesticides ,growth hormones and the antibiotic feedings. These factors make the food toxic and harmful for human consumption.

Relationship between food and personality

- The relationship between food and personality is complex and depends 'on the time of the day, Macronutrient composition of food, the amount of food consumed, age and dietary history of the consumer.
- # In a study by Spring et al (1983) 184 adults either consumed a protein rich or carbohydrates rich meal. After 2 hrs their mood and performance were assessed.
- The effect of the meal-

- Different for females and males- females reported greater sleepiness after a carbohydrate meal whereas males reported greater calmness.
- Participants above 40 years of age showed impairment on a test of sustained selective attention after a carbohydrate lunch.
- “**Early birds**” feel more prospective in the first part of the day and their food choices become particularly important during lunch and throughout the afternoon.
- ‘**Night owls**’ feel more energetic in the day and should pay attention to their breakfast choices as they can increase or decrease energy levels and influence cognitive functioning.
- It has been observed if one skips breakfast; the cognitive performance might be impaired. A large breakfast rich in protein could improve your recall performance but might impair the concentration.

Healthy diet and personality

- A healthy diet should be based on your personality and not 'one size fits all'. The first and foremost feature of good personally is to have ideal weight for your height. Every year people try and fail to keep their resolution to get fit and lose weight.
- For this reason fitness Expert, "Biggest Loser" trainer and author Jen Widerstrom said it is important to create a diet and fitness plan based on your personality. We should honor ourselves in order to get success in weight loss and sustaining health because one size just can't fit all. We should know our behavior patterns, the motivating factors, our weaknesses our strength .Widerstrom outlined five personality categories.

- ***The organized Doer***- a person who likes routine and rules.
 - ***The Swinger*** - a free spirit, who leaves adventures, follows trends and likes variety.
 - ***The Rebel*** - an Impulsive and non committal person who likes variety.
 - ***Everyday hero*** - the guy or girl who puts everyone ahead of themselves rarely accommodating themselves even when necessary.
 - ***Never ever*** - the strong minded individuals who thinks, if the pants don't fit , simply time to size up.
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- ***For an Organized Doer***- Balanced sample menus will be in the priority list.
 - ***The Swinger***- such a lesson will not be concerned about this diet plan, will indulge in fast-food - which are colorful and tempting.
 - ***The Rebel*** -such a person will go after appearance of dishes for variety not bothering about nutrient content of the dishes.
 - ***Everyday hero***- is usually on the go , he can pack ahead of time to always have healthy snacks assumed, so he is not tempted to make a quick stop at the drive through.
 - ***Never ever***- such a person will consume only those food items which are healthy and nutritious.

- ***Staying Budget friendly***
- For those on a budget and can't afford a gym membership or trainer, widerstorm has advised them not to worry.
- **'Foundation of health is based on three factors – and it takes little money, nutritional training, hydration and sleep.'**
- If these three things are done consistently, it will do wonder at lower price.
- Twenty minute walk after lunch or dinner is recommended which will help in digestion, blood flow and brain activity
- ***Personality Type Diet***
- **Definition-** The personality type diet helps dieters identify what kind of eating, exercising and coping habits they help people achieve better health through personalized incremental change.
- Dr. Robert Kushner, a practising physician, specializes in nutrition and weight loss for a pleasing, impressive personality. He suggested the diet to be a long term and in the fight against obesity that was personalized enough to meet each dieter unique needs.
- The following table shows a co relation between personality and eating traits –

Personality

Eating traits

• Unguided grazers	Tends to not think about food very much.
• Night time nibblers	Eat more than half of food intake at dinner or even later
• Convenient consumers	Many eat regular meals but rarely cooks
• Fruitless feaster	May eat regular meals but tends to leave out two food groups namely fruits and vegetables.
• Mindless muncher	Snacks Constantly throughout the day usually in addition to eating a full breakfast, lunch and dinner.
• Hearty portioner	Many eat 3 meals a day but tend to eat too much at any given sitting.

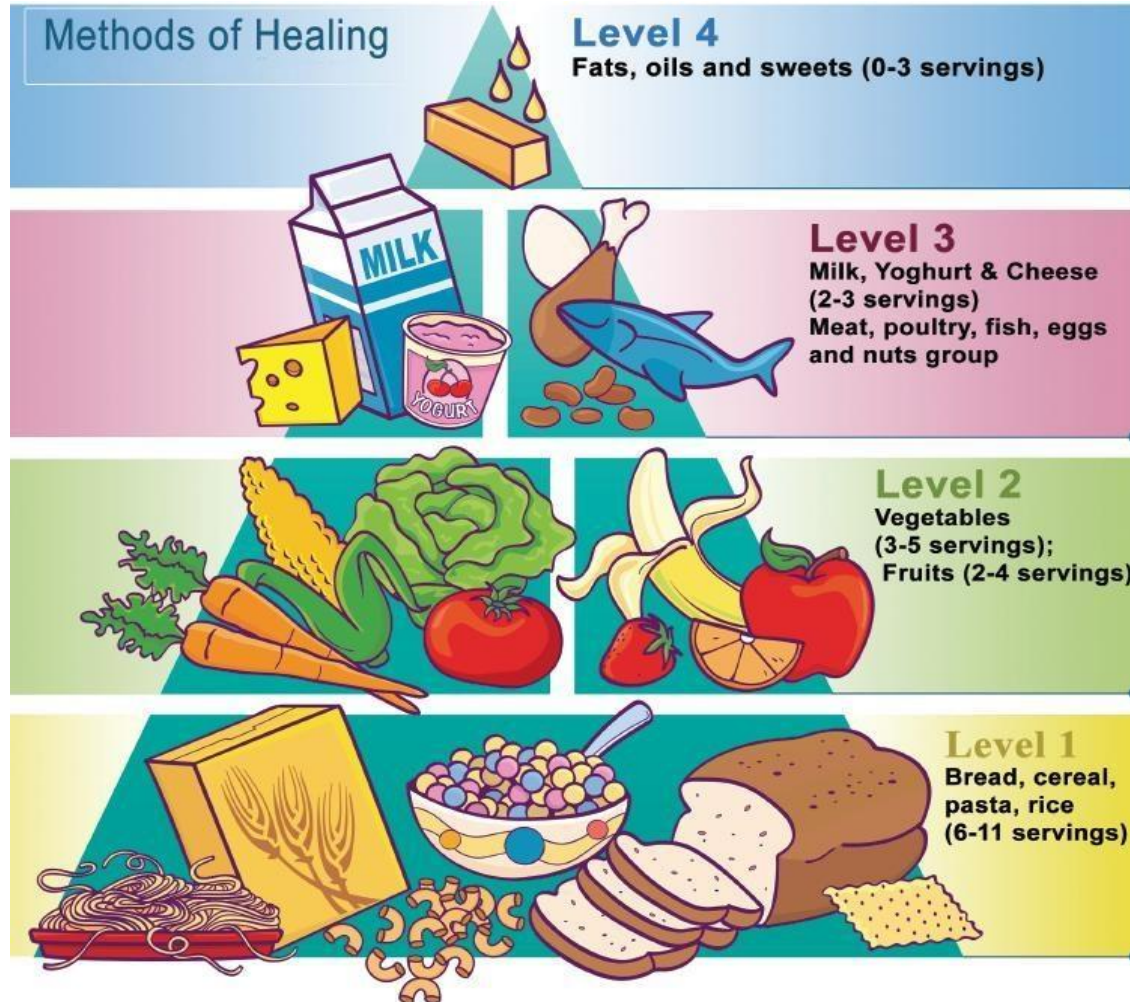
- ***Role of personality in healthy eating***
- The people are getting fatter. An intelligent understanding of personality can help us to understanding why we eat, what we eat and what can we do about it.
- ***Extroverts***
- Are less likely to eat a traditional diet (Meat, protein, bread) and more likely to eat a healthy diet (fresh fruits, vegetables, cereals, fish nuts and fiber).
- ***Introverts***
- These people are conscious about what they eat, these are mostly non obese. They consume diet high in fruits and fiber and low in fat and salts. Increased intake of fruits and vegetables and avoidance of fats and tendency to swap high fat food. For low fat foods, a lower propensity to reduced alcohol consumption.
- ***Ambiverts***
- These people are likely to 'stick to the rules' for examples it has been corelated positively with vegetable consumption among teenagers, negatively with alcohol consumption and positively with a diet high in fruit and fiber. Such people being warm and kind also have more positive attitudes towards healthy diets.

- ***The people should be motivated to start eating healthy diet. For this ask yourself following questions:-***
- In what ways would it be good for you to maintain a healthy diet plan?
- If you decide to eat healthier, how would you go about it?
- What would be good for you to be more vigilant about in the way you eat?
- The more people think about these issues, the more likely they will be to start developing healthy eating pattern.
- The fix for emotional eating could simply be changing the way we think about it.
- ***The solution to this is.***
- To be able to look forward the future rather than dwelling in the bad mood.
- Try to distract your mind from that negative situation, (fight with friend or relative) by doing the activities that give you pleasure and relaxation.
- Meal planning can be easy if we understand how our food personality influences the way we cook. Whether we love cooking or we are doing cooking as a compulsion and not willingly.

- ***Food personality includes our -***
- Recommendation for nutritious recipes.
- Healthy life style tools that best match our food and cooking style.
- Tips and suggestions to plan, make and serve healthy and nutritious dishes for our family members so that they lead a happy, healthy, long and prosperous lives.
- Keep in mind likes and dislikes of family members also, they will eat the cooked food voluntarily and happily.

- ***A food capsule for good health and healthy personality***
- Meal planning is both an art as well as a science , an art for skillful blending of different colors flavors, textures , methods of cooking - boiling , steaming , baking , shallow frying , deep frying , roasting ; a science for adequate amount of various nutrients like carbohydrate , proteins , fats , vitamins , minerals ,fiber and water in the quantities as required by the body .

Food Pyrmaid



Food Groups	Nutritive Value
Cereals – wheat flour, rice, semolina etc	Carbohydrate, fiber, vitamins and minerals.
Legumes and pulses – grams, kidney beans etc.	Protein and calcium.
Vegetables - Root vegetables -potatoes, sweet potatoes etc	Carbohydrate
Green leafy Vegetables- spinach, mustard leaves etc.	Calcium, Iron, Carotene and fiber etc.
Other vegetables- cauliflower, capsicum etc.	Vitamins and Minerals.
Fruits - Yellow colored -papaya , mango etc	Vitamin A
Citrus fruit :- pineapple , orange etc	Ascorbic Acid
Other fruits :- banana , apple etc	Vitamin & Mineral, Carbohydrates.
Milk and milk products: - curd, khoa etc.	Calcium, Protein and carbohydrate.
Fleshy foods: - meat, egg and fish etc.	Protein and Calcium.
Nuts and oil seeds: - peanuts and almonds etc.	Protein, Calcium and Fiber.
Fats and oil: - butter and cream etc.	Essential fatty acids, Vitamin A, D and Calories
Sugar and Jaggery.	Carbohydrates & Calories.

- Drink eight to ten glasses of water daily.
- Consume different colored vegetables and fruits as these contain antioxidants.
- **Advantages of Antioxidants**
- # Delay in ageing process of cells.
- # Control blood pressure.
- # Control cardiac disease.
- # Act as Anti carcinogenic.
- # Control Nervous disorders.
- # Control Cataracts.
- # Increase our immunity.
- The way to man's heart is through his stomach.
- Sound Mind in a sound body.
- Cooking medium should be a combination of the following.
- # Desi ghee
- # Refined oil
- # Mustard oil

- *Have dinner 2 -3 hours before sleeping for good digestion, absorption and assimilation of Nutrients in the body cells.*
- **Conclusion** - In order to have an Impressive, Adorable, Appreciable, Acceptable personality, and one should consume Healthy Nutritious, Tasty, and Colorful, Balanced daily diet for a successful and satisfying life.