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MONOGRAPH

“THE INFLUENCE OF AN UNHEALTHY DIET ON PEOPLE OF ECUADOR”

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Gratitude

Thanks to all the teachers that made this monography possible, thanks to my parents that inspired me to choose this thematic for my monography, thanks to this school, Unidad Educativa Javier to allow this work and thanks to all the people who inspired me to be an inspiration for helping the other people to choose a healthy life, my objective of this monography is to help other people to follow a good habit, eating better to be healthy.

Summary

This monographic work is about “*The influence of an unhealthy diet on people of Ecuador*”, it is based on the nutrition and the feeding habits that can be adopted by the habitants of the country of Ecuador, which are harmful to health and can be the cause of some endless diseases. We will present you what is really a bad diet by means of everyday examples that occur in real life, which really means feeding the wrong way. We will also make the reader aware by showing him the consequences caused by a bad nutrition. We will introduce diseases caused by a bad diet in order to make the reader see what happen if he does not feed in a correct or in a balanced way, this will also be done by presenting cases of people who has suffered these diseases and who has given us their testimonies. At the final chapter we will offer the reader proposals to change their eating habits inspiring them to live a healthy life and to prevent these diseases. This monography can provide you some tips of changing your nutrition habits, it will show you how can you change your life just adopting some little habits at the time to eat, it will provide you nutritionist advices that will help you for being a healthy person.

The present text offers you a series of aliments that are recommended to achieve a healthy and disease-free body, and as well as presenting aliments that are recommended, it also offers you several proposals that will help you not to consume this type of harmful food that can be harmful for the human body. Also, it counts with a list of aliments that you will have to remove of your shopping list and it will be beneficial for you because you won't have to buy expensive aliments that are damaging for your health and you will save money.

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Introduction

Food is a huge factor in a person's health. It can cause poor nutrition, because of an insufficient, over enough, or poorly balanced diet. With these means that some diets include eating less than necessary, overeating or not having enough of the healthy foods we need each day because they're low in fiber and protein. Also, junk food, which is high in fat, salt and/or sugar, is part of many people lives because it is the easiest and fastest way of food. According to the official webpage of Nutella (2017) "the number of jars of Nutella sold in a year could cover the Great Wall of China eight times."

These unhealthy habits can reduce the amount of necessary nutrients for a well-functioning body system, like protein, carbohydrates, fiber, essential fatty acids, vitamins and minerals. World Health Organization (2018) "Malnutrition, in every form, presents significant threats to human health. Today the world faces a double burden of malnutrition that includes both undernutrition and overweight, especially in low- and middle-income countries." Also, many people that try to keep their diet healthful with "good food" are sometimes as unhealthy as the ones that consume junk food. How's that happening if junk food is supposed to be the worst thing for your health? Well, thanks to marketing techniques or public belief, many foods that people regularly eat are less healthful than they seem. Four unhealthy foods that people often consider healthful are: bread, diet soda, bottled smoothies and trail mix. A solution for this misunderstanding can be being aware of additional ingredients by reading them in the back of each product, such as sugars, alternative chemical ways of reducing fat, cholesterol, etc., to make better nutritional decisions. Other option can be preparing your own food, for example skip the store trail mix and make a simple mix of dry-roasted nuts at home. When combined an unhealthy diet and a continued habit of an inactive lifestyle, that means without doing any type of exercise or sport, the results are unhealthy and, in extreme cases, mean the ending of a life. But also, people that exercise must have a healthy diet well

balanced with the necessary nutrients they need for being active, that's why the British Nutrition Foundation gives the following important advice for good nutrition that needs to be heard by everyone

Following healthy eating guidelines alone can support an active lifestyle. However, when exercising, your body will use up more energy. Unless you are trying to lose weight, you may find that you need to eat more food to give your body the extra energy it needs. (British Nutrition Foundation, 2018, p.95)

Food that contains more carbohydrates, sugar or sodium than necessary mixed with an inactive lifestyle are the principle causes of many diseases and unhealthy physical conditions. The main consequences of this way of living that sometimes is seen as normal and healthy are diabetes, high blood pressure, cardiovascular diseases, anemia, overweight, gastritis, high cholesterol and hyperglycemia, but there's still more that aren't going to be analyzed. Diabetes is a disease in which the sugar levels in the blood are very high. Glucose comes from the foods you eat. There're two types of diabetes. In type 1 diabetes, the body doesn't produce insulin. In type 2 diabetes, the most common, the body doesn't produce or use insulin properly. Without enough insulin, glucose stays in the blood. And that is the main reason why diabetes suffering people get insulin injected. Is bad that glucose stays in the blood because it can cause serious problems. It can damage eyes, kidneys and nerves. Diabetes can also cause heart disease or even a stroke.

Chapter I

Unhealthy diet

1.1 Definition

An unhealthy diet is based on risks of factors that can cause a lot of chronic diseases including cancer, cardiovascular diseases, diabetes and other conditions that can be obesity. It is advisable to follow a healthy diet, eating more vegetables, fruits, legumes, grains and nuts, cutting down on salt, sugar and fats. It's advisable to choose unsaturated food, if you eat saturated fats your organism won't work as well. Healthy eating consists on eating a variety of foods that provide you with the nutrients you need to stay health, have energy and feel good. A basic diet include proteins, carbohydrates, fats, water, vitamins and minerals. Nutrition is important for every human, The nutrition combined with exercise and a healthy weight is an excellent way to keep your body strong and healthy. Nutrition can influence in the entire human body and it is relationated with the organs of all the body.

1.2 Consequences

A bad nutrition includes eating too much calories per day, not eating all of the food groups, consuming too much fat, salt or sugar or just eating junk food. For instance a person who has a bad nutrition frequent fast food restaurants, forget to eat fruits or vegetables or drink soda instead of water.

The emotional part is also affected, the doctors has showed that the excess of weight can be associated with the emotional part of the human a the bad nutrition can increase the risk of suffering from depressive symptoms.

Depression is considerate a frequent mental disorder that can affect more than 350 million of people in the world. Depression can be so dangerous for the human, they can cause graveness consequences. Depression can be present in the both genres but it is most common in the

women. Depression in the worst case can lead to the suicide. However, this disease can be treated with some physiological treatments.

1.2.1 Obesity.

Obesity is a major consequence of a bad nutrition. Obesity is defined as having more than 30 in the body mass index. It is caused by eating a poor diet or food high in calories, not sleeping well, etc.... Obesity leads too much more than just weight gain. Having too much weight in your body can cause strain on your bones as well as your internal organs, it also can increase inflammation on some parts of the body which is thought to be a cause of cancer. Obesity can be the cause of some diseases like diabetes type 2, high blood pressure, heart disease, certain cancers, stroke, infertility, arthritis, sleep apnea, high cholesterol, fatty liver disease, gallbladder diseases.

1.2.2 Heart disease.

Eating food that are high in sodium, high in fat or high in cholesterol or sugar can increase your blood pressure as well as your triglyceride and cholesterol levels. Over time high lipid levels and high blood pressure can cause a great deal of stress on your heart increasing your risk for heart attack, stroke and coronary artery disease. The symptoms of some of those diseases can be: chest pain, cough or wheezing, difficult to breath, fatigue, fast or irregular heartbeat, narrow blood vessels, swelling of the legs, ankles or feet. The symptoms cardiovascular disease may be different for men and for the womans. The symptoms for the man can be usually like suffer a pain in the chest and the symptoms for womans can be like chest discomfort and such problems when they want to breath, they can experiment nauseas sometimes and they can experiment extreme fatigue.

Chapter II

Illness caused by a bad diet

2.1 Diabetes

The health is hardly associated with what you eat, each part of your diet contributes to your daily life, if you eat healthy you are healthy, if you eat badly you are sick. There are groups of diseases caused by a bad diet. Diabetes is a group of diseases caused by hyperglycemia, it is the result of defects in the insulin secretions, insulin action or both.

Long-term of diabetes complication of diabetes can be loss of vision, renal failure, peripheral neuropathy with risk of foot ulcers, amputations; diabetes can cause genitourinary, gastrointestinal, cardiovascular symptoms and sexual dysfunction. Patients of diabetes have presented hypertension and abnormalities of lipoprotein metabolism.

2.2 Gastritis

Gastritis is the inflammation of the mucosa that covers the walls of the stomach. The lagging of the stomach contains cells that secrete enzymes and acid that helps digestion that when inflamed cause inconvenience.

The causes of the disease can induce inflammation of the walls of the stomach, and that causes can be some drugs like acetylsalicylic acid, ibuprofen and naproxen; Infections of the stomach like the bacterium *Helicobacter pylori*; Abuse of alcohol or corrosive substances; Spicy food can cause this disease too, the consume of cocaine, smoke, reflux and excessive stress.

There are some symptoms that presents this illness, among them are: Heartburn, Aerophobia, Lack of appetite or absence of hunger, nausea and vomiting, abdominal pain, black stools and bloody vomiting.

You can prevent gastritis eviting the use of the substance that can inflame your stomach, you must don't use medications like naproxen, ibuprofen and you must reduce the consumption of alcohol.

2.3 Overweight and obesity

Obesity and overweight are defined as an excessive or abnormal accumulation of fat in the human body that can be prejudicial for the health. The human weight it is calculated by dividing it in kilos by the square of its size in meters. In the case of adults overweight can be 25 kilos surpassing the normal weight and obesity can be 30 kilos surpassing the normal weight.

The most common cause of the overweight and obesity is the energy imbalance between calories consumed and spent. Consumption of high calories food that are high in fat and absence of physical activity is the principal cause of the overweight and the obesity.

2.4 Cases of that illness

2.4.1 Cases of diabetes.

Cesar Yépez, 76 years old, has created a routine since he was being diagnosed diabetes. He climbs on his bicycle and travel in some streets of Quito. He realizes some exercise so the disease is controlled and he is avoiding chronic consequences as diabetic foot, renal failure, blindness or cardiovascular problems.

He was 51 years old when he realized that he had diabetes symptoms he went to the doctor and his life changed at all; he started to eating healthy and began doing physical activities so he says that the disease can be managed in that way.

2.4.2 Cases of gastritis.

Juan Fernando Ávila, 23 years old, resident of Cuenca was experiencing abdominal pain burning epigastrium; this pain is usually generated in the stomach mouth, it causes nausea, vomiting and distention of the upper abdomen. Juan just said that the pain persist in the pain

of the stomach and gets worse when he drinks acid juices, coffee, sodas, some sauces and some fruits. He says he presents pain and distention in the upper part of the abdomen. He drinks some milk sometimes to feel better.

2.4.3 Cases of overweight and obesity.

Camila, 13 years old, suffer from this condition, overweight. This girl has been undergone several treatments to control the overweight this started four months ago when she started to feel some symptoms like difficulty to sleep, back and joint pain, excessive sweating, infection in the skin folds, depression and fatigue.

Her mom is trying to change her eating habits and she is teaching her daughter that she have to do some physical activities to be a healthy girl, Camila is adopting this new activities to her live routine for reach the goal of obtain the ideal weight.

Chapter III

Prevent diseases caused by a bad diet

3.1 Advisable habits to lead a healthy life

3.1.1 What means “healthy diet”.

A healthy life is not easy, it implies a change of habits in your life. A healthy life implies include a variety of aliments in your everyday diet and to eat at the correct time. Apart from a healthy diet, the physical activity is something essential for a healthy life because it helps us to maintain a proper weight. A varied diet ensures the incorporation and uses of all of the nutrients that we need to grow and live healthy.

3.1.2 Aliments that you should include in your everyday diet.

A healthy eating plan should be based on the following foods:

First able it must include fruits like oranges, it will give you vitamin C and will give your body fiber and potassium, the blueberries will contribute with antioxidants, bananas are rich in potassium, etc.... In the case of the vegetables we can include in your diet vegetables like spinach, broccoli, kale, that are rich in minerals, carrots that are considered for give you a better vision and tomatoes that are rich in potassium; they are a lot of vegetables that you can include in your healthy diet and there is a variety of whole grains. Milk and low-fat dairy are necessary for your body too.

The lean meats, like meat, chicken, turkey, poultry, fish, beans, eggs and nuts cannot go unnoticed they are considered as the protein that your body needs.

A healthy diet should be based on low amounts of saturated fats, trans cholesterol fats, salt and additional sugars.

Fresh fruits: Fruits can provide us minerals, fiber, water and different beneficial compounds for a healthy body. Fruits contains antioxidants, they can prevent premature aging of the cells and they can be a different aspect for your skin.

Fresh vegetables: Vegetable can bring us a meal based on low calories, but rich in vitamins, fiber and minerals. Vegetables are rich in sodium and potassium; they can help to eliminate fluid retention.

Rich in calcium: It contains amino acids for our body, it offers vital benefits for the nutrition and developments of our body. In childhood dairy provides the calcium for the development and strengthening of the bones.

3.2 Advices

3.2.1 Nutritionist advices.

Markey (2017) “Do not completely deprive yourself of foods you like, life is too short to forget the pleasure of eating. But, to live a long and healthy life, it is essential to make intelligent choices most of the time.” Charlotte says that you can follow some tips for make your food better, you don’t have to suffer eating what you don’t like, a meal can be cooked in some many ways, you can give it different flavors, it depends in how you cooked it, Charlotte’s advice is the best advice that you can follow for live a healthy life and be happy being healthy.

Eat in smaller plates, place the fruit in a bowl on the table and leave the vegetables at eye level in your fridge. When you park your car, consider doing so in a place away from the entrance and always go up the stairs. It is proven that these simple tips make you eat smaller portions, eat more fruits and vegetables and practice more exercise without being aware of the effort. (American Heart Association, 2015, p.83)

Eating in big portions of food is not recommendable for your health, your organism will be accustomed of eating too much food and you will gain weight. If you consumed small portions of food and healthy food your health will stay better and at the same time you are avoiding diseases, the advice says that you must stop eating when you feel that you are not hungry and you are satisfied, do not eat gluttony. The doctor says that is obviously that you

must change some habits if you want to lose weight or if you want to lead a healthy life

Nutritionist Georgie Fear (2015) said:

If you want to lose weight, the best thing you can do is to stop eating calories and focus on the level of hunger you have, he said that if you are not hungry, you don't have to eat, stop eating when you get satisfied, you don't have to continue eating, it will make you feel bad philologically and physical. Doctor want us to know that stop eating big portions of food if you don't need it, be careful and listen your body, if you feel that you are not hungry anymore, then is when you must stop eating. (p.93)

3.2.2 Advices that you can follow for lead a healthy life.

3.2.2.1 Stay at the ideal weight.

It is advisable that first you check your Body mass index (BMI), in that you will see if your weight is correct. The body mass index is used for determinate the person's weight status, and it is calculated with a simple formula, weight/ height. If you are between 25 or 30 is considered overweight.

3.2.2.2 Olive oil as a replacement of other oils.

Olive oil will provide us antioxidants and vitamins that prevents the development of one of the diseases of that problem, like problems in the cardiovascular system.

3.2.2.3 Skimmed dairy.

Skimmed dairy products are rich in proteins of high biological value and minerals such as calcium, avoiding saturated facts and the cholesterol that contains the whole milk.

3.2.2.4 Avoid the saturated fat.

Fast food, whole diary, chips, industrial pastries, and some of its derivatives, are food that are based on saturated fat. We should avoid that aliments, it in increments the cholesterol on your blood and cause another disease.

3.2.2.5 Eat more vegetables and fruits.

Nutrients, vitamins and antioxidants are present in fruits and vegetables especially in raw ones, they help to protect us of a lot of diseases. Introducing salads as the principal thing in your meal, taking a fruit with you for the time you get hungry and avoiding that desert can be the best solution for living a healthy life.

Conclusions

- In conclusion, this monographic work was carried out with the purpose of instructing and raising awareness among the people of Ecuador, since striving to bring an adequate nutrition is the best investment you can give your body and mind. Just as the English statement said, those who think they don't have time for healthy eating will sooner later find time for illness.
- Apart from all of this, the monographic text teaches us that to obtain a good health, it is important to eat nutritious food for our body, since these aliments bring us energy and vitality to develop the activities that are presented daily.
- We believe that from an early age it is important to create a nutritional eating habit that help us to develop healthily, that provides the necessary nutrients for the body in quantity and quality required. Being that having a balanced diet we would avoid many diseases generated by a poor diet and overweight.
- The monographic text has mentioned many times that eating healthy is not a science, there are many tips that you can include in your life for being a living a healthy life, like eating vegetables, fruits, some specific aliments that can help you to follow a balanced nutrition.
- The extra habits that you can adopt are simple, drinking eight glasses of water daily and doing physical activity if you want to do it fun you can also practice a sport, the recommendations are so easy to follow and they will change your life.
- In a general opinion, nutrition has been evolving. Nutrition gets better every day when the people gets diseases for eating in a incorrect way.
- The people in this society use to buy fast food, transgenic aliments, pre-cooked aliments. Just because their justification is that it will take a few of minutes to cooked it, they usually say that they don't have time to eat in a healthy way because they are not thinking in the consequences that will cause that type of food in the human body, that type of food will get worst the things, just for eat manufactured aliments, the human body won't support chemicals like that.

Recommendations

- Is advisable to consume a variety of aliments rather than only specific types. There is a specific classification of aliments, there are some groups where are including milks

and their derivate; the meats, fish and eggs are considered as the protein;

Carbohydrates like bread, and rice are rich in minerals and vitamins; vegetables and regulatory foods that are so necessary for the human body for make the balanced and finally the cereals, the butters and the oils in them lipid predominate.

- Drink water is so important for human body, and in nutrition it is considerate. Without water the human body would stop functioning properly. More than half the weight of your body is made of water, and a person cannot survive without water for more than a few days. The studies of scientists say that your body need water to be able to carry out of the functions it performs.

- Crate a habit of doing exercise and workout your body reduce the risk of heart disease, high blood pressure, osteoporosis, diabetes and obesity, keep joints, tendons and ligaments flexibles, which makes it easier to move and decreases the changes of it falling, reduce some effects of aging, especially the discomfort of osteoarthritis.

Exercise can contribute the mental well-being and help to treat some mental diseases like depression. Exercise can also relieve stress and anxiety. Exercise can increase energy and endurance. Improve sleep; help maintain a weight that recommend the doctor by accelerating the metabolism.

- An advice that you can follow is to visit a professional, a doctor that is specialist in the weight of the human body, it is called nutritionist.
- It is important to visit a nutritionist just for prevention, go to check medically is never too much. The nutritionist can provide you practical information, such as easy, they provide quick and healthy recipes that you can follow for your health, what opinions to choose when you eat away from home alternatives to compensate for any excess.

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