



# Diet Modification A Major Criteria To Healthy Living And Longevity; The Role Of Diet To Achieving Standard Healthcare Outcomes And Life Span Sustainability

Chinonso Agochukwu

Liverpool John Moores University, UK

## ABSTRACT

Since 2014 till date there has been an increase record of avoidable deaths from heart diseases and obesity. Although more attention has been given to smoking and its health outcome on the lungs. In a research by the World Health Organization in the Global health risk journal; the leading global risks for mortality in the world are high blood pressure (responsible for 13% of deaths globally), tobacco use (9%), high blood glucose (6%), physical inactivity (6%), and overweight and obesity (5%). These risks are responsible for raising the risk of chronic diseases such as heart disease, diabetes and cancers. They affect countries across all income groups: high, middle and low. Although these diseases are sometimes hereditary or may occur without a cause they can be modified and controlled to its barest minimum via diet modification. A heart disease like atherosclerosis; the buildup of fat and cholesterol in the artery can be caused by excessive, uncontrolled intake of fatty foods/ food high in cholesterol. Nutrition therapy/ modification is an important aspect of healthcare that can't be over emphasized as it goes beyond tastebuds and satisfaction. Nutrition contributes to +- 50% of our health status as we can't appropriately give credit to healthcare/ healthy outcomes outside nutrition modification and proportion.

## Biography

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