

Importance of Nutrition at work

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Received: June 11, 2019; **Published:** June 27, 2019

Nutrition to be considered as a science or discipline, which is responsible for studying the processes of ingestion, absorption, digestion and excretion of nutrients provided by food, relying on psychology, physiology and biology mainly. In this, food is a basic activity necessary to survive, so researching more about the effects of food in a scientific manner is transcendent because it confirms or denies postulates, theories that arise day by day.

Occupational Health and Occupational Medicine have a relationship focusing on watching how the work affects the organism of each human being, according to the activity carried out, nutrition being a recent science where new areas of study emerge as we can now observe and propose Nutrition at Work. Nutrition at work is relevant because it will expand our perspective and knowledge we have on the impact of having a body in healthy anatomical conditions, consider an adequate and balanced diet according to the activities we perform, considering each activity from a scientific perspective, based on in verifiable and reliable knowledge.

A job that requires a thorough wear and brain care, such as a bank worker who maintains high levels of stress, your body will be having high physiological processes of release and regularization of hormones related to stress such as cortisol, decreasing the amount of neurotransmitters such as dopamine, serotonin due to anxiety and situation that keeps day to day, consider in it the nutritional status of the person's anatomy, health status, heredity family history considering the diseases to which it is prone, stress level, diet and physical activity, among other factors; It is important to know in order to contribute providing optimal care and recommendations that allow reducing the risk for a disease to appear or controlling it so that the person has a better quality of life.

People with obesity, decrease their physical and intellectual response capacity in different degrees given the situation they present in their health, this is an important point of attention to increase their ability to generate greater work performance, for example, a guard Safety must maintain an adequate anatomical state, an engineer who must climb to the heights. Considering as another example, the work of a truck driver who must make long journeys in a solitary way most of the times, maintains a high stress given the activity he performs, also his levels of serotonin, dopamine which are neurotransmitters related to the joy and happiness can be met with psychological, medical and nutritional counseling, the latter making recommendations for foods that contribute to raising these levels of neurotransmitters, in the interest of contributing to good health in people.

For this reason and considering nutrition as an emerging new science, we must maintain the nutrition approach as an important new science in relation to work, there is not much information about it nowadays, nor an area as such aimed at studying with a focus nutritional impact and transcendence that has in the body of each worker according to their activity.

Volume 14 Issue 7 July 2019

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