



# HUMAN HEALTH THROUGH BETTER NUTRITION & HYGIENE

Foods such as fruits and vegetables contain a largely unexplored array of non-nutrient bioactive compounds, not among the 40 essential nutrients. Thousands of natural compounds consumed via food may impact health. All foodstuffs have some function but functional compound in fruits and vegetables move beyond necessity to provide additional health benefits that may reduce disease risk and/or promote optimal health. Health studies show that a diet rich in fruits and vegetables protects against many chronic diseases but it is important to understand how specific fruit and vegetable components act or interact to affect disease risk. The body near fifty starts becoming susceptible to several ailments and disorders that can derail health, happiness and even life itself.

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