

Review on Diet and It's Disease

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Abstract: *Diet plays a pivotal role in shaping our health, and its impact on disease prevalence is undeniable. In recent years, there has been a concerning increase in various diseases linked to poor dietary choices. The rise in consumption of processed foods, high sugar, and saturated fats has contributed to escalating rates of obesity, type 2 diabetes, cardiovascular diseases, and certain cancers. Additionally, inadequate intake of essential nutrients and fiber further compounds health risks. The modern diet, characterized by excessive calorie intake and low nutritional quality, has become a breeding ground for chronic conditions. As dietary habits increasingly lean towards convenience over nutritional value, societies grapple with the consequences—manifested in the surge of preventable diseases. Addressing this health crisis necessitates a shift towards balanced, nutrient-rich diets, promoting overall well-being and curbing the alarming trend of diet-related illnesses*

Keywords: cancer, Anemia, Obesity, Kidney, Hypertension

