



## Association between Nutritional Quality and Obesity

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### INTRODUCTION

This study examined the associations between diet quality, obesity, and treatment-emergent adverse events in patients with breast malignancies undergoing treatment. Most of them received chemotherapy alone and had median treatment duration of less than 9 months. Use of whole grains, dairy products, and unsaturated fats was low in this review. This finding was predictable in previous studies. Avoidance and retention of certain types of food is normal in patients with malignancies. This may stem from the belief that animal products are responsible for amelioration of disease or treatment-related sequel that alters taste judgments. Dairy products, on the other hand, are not an everyday allotment for Malaysians. This may also be due to the low consumption of dairy products among patients. Dairy is a major hotspot for the proteins, multivitamins and minerals that underlie normal body processes, but patients with breast disease often avoid dairy products due to health concerns associated with the use of chemicals in animal products. The World Malignant Growth Exploration Asset examined the magnitude and pattern of the effect of dairy products on disease risk differed by site of malignancy, including tumors of the prostate, breast and colon. Further research is expected to confirm the effects of dairy products, especially on breast malignancies. During treatment, sick patients experience various side effects. Despite our familiarity with smart diet practices, our ability to maintain a sensible eating routine can be compromised. These two parts give an indistinguishable translation. Patients with breast disease prefer refined grain products with softer surfaces as opposed to whole grain products. White rice, white bread, or any food made from white flour.

### DESCRIPTION

Relative to the proportion of unsaturated fatty acids, a low score begins with inadequate utilization of monounsaturated

and polyunsaturated fats. The peculiar portion of the soaked fat reflected that the patient restricted a diet high in soaked fat but did not follow the unsaturated fat regimen. However, reliable results have been reported that closely match the intake of soaked unsaturated fatty acids. Polyunsaturated fats from marine sources have been suggested to enhance treatment-related sequel and further enhance therapeutic relevance through anti-tumor effects. Apart from soaked unsaturated fats, it is important to monitor the patient's intake of unsaturated fats, especially during treatment. The biggest obstacle to meeting healthy fat recommendations may be the high cost of food. For example, margarines with less soaked fat are more expensive than spreads with more soaked fat. Also, Malaysians rarely eat raw vegetables and natural products in combination with oil-based dressings.

### CONCLUSION

Recent results have shown that better dietary habits are effective in preventing obesity in patients with breast malignancies. General health research has generally revealed an equivalent relationship between diet quality and muscle strength. On the other hand, the association between diet quality and risk of malignancy or mortality could not be predicted. Since malignant growth is a multisite disease with different therapeutic modalities, the relationship between diet and disease prognosis needs to be investigated for different disease types, and improving the quality of disease site-specific diets is important. It is thought that there is. Obesity is not a beneficial outcome for patients with malignancies who are commonly considered malnourished, as previous studies have shown the detrimental effects of obesity on a patient's personal well-being and endurance. Adopting a smart diet should be a lifestyle staple for achieving normal weight levels and maintaining decent overall health.

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