

# **NUTRITION FOR SUSTAINABLE HEALTH**

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## PREFACE


In an era where chronic diseases are on the rise and environmental challenges threaten our planet's future, the need for a holistic approach to nutrition has never been more critical. "*Nutrition for Sustainable Health*" emerges from this urgent intersection, offering a comprehensive guide to nourishing our bodies while respecting and preserving our environment.

This book is designed for anyone who seeks to understand the profound connection between what we eat and the health of both our bodies and our planet. Whether you are a health enthusiast, a parent wanting to provide the best for your family, or a professional in the field of nutrition, this book aims to provide valuable insights and practical strategies.

Our journey begins with the foundational principles of nutrition, delving into the essential nutrients and their roles in maintaining optimal health. We then explore the impact of modern dietary patterns on chronic diseases, offering evidence-based guidance on how to make healthier food choices. Each chapter is designed to empower you with knowledge and tools to make informed decisions that benefit not only your health but also the well-being of future generations.

As you embark on this journey through the pages of "*Nutrition for Sustainable Health*," I hope you will find the inspiration and practical guidance to transform your dietary habits. Together, we can pave the way for a future where health and sustainability go hand in hand; creating a world where both people and the planet can thrive.

With gratitude and hope,

 Dr Anupama Kaushik

 Dr. Rajkumari


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 *Editors*

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