

**ARTICLE TYPE: LETTER TO THE EDITOR**

**The Critical Link Between Food, Health and Disease  
Gıda, Sağlık ve Hastalık Arasındaki Kritik Bağlantı**

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## **The Critical Link Between Food, Health and Disease**

The relationship between food and health is of vital importance as it directly affects the quality of life of individuals and the public health of societies. In today's world, where the importance of food safety and healthy eating practices is increasingly recognised, the relationship between food and disease is attracting more and more attention. The purpose of this letter is to emphasise the importance of this relationship and to raise public awareness. Summarising the subject under a few headings will make it more understandable.

### **Food Safety and Hygiene**

Food safety is a fundamental element of public health (1). Compliance with hygiene standards is of great importance in the prevention of foodborne diseases. However, food safety problems on a global scale lead to food contamination and consequent health complications (2). In this context, the importance of personal hygiene, temperature control and hygienic production processes should be underlined.

### **The Effect of Nutrition on Diseases**

The effects of nutrition on health have been scientifically proven (3). Inadequate nutrition and vitamin and mineral deficiencies may lead to long-term health problems. For example, vitamin D deficiency affects bone health, while fatty, sugary and refined carbohydrates increase the risk of heart disease. A balanced diet can reduce the risk of many chronic diseases, especially cancer, diabetes and heart disease.

### **Food Allergies and Sensitivities**

The prevalence of food allergies and sensitivities is a growing concern in modern society. Food allergies and intolerances are an increasing public health problem, especially among children and young adults (4). It is of great importance for individuals to be careful about the effects of food intolerances on the digestive system and the management of allergic reactions.

### **The Effect of Nutrition on Psychological Health**

Nutrition has an important effect on both physical and mental health (5). For example, nutrients such as omega-3 fatty acids, B vitamins and probiotics have been shown to facilitate the management of mental health problems, including depression and anxiety. Recognising the relationship between nutrition and mental health is an integral component of a comprehensive approach to health.

### **Food Toxins and Chemical Contamination**

The presence of chemical contaminants and toxins in foodstuffs has the potential to have a detrimental effect on human health (6). Pesticides, heavy metals and other chemicals represent

important factors that increase food-related risks. These risks can be mitigated by strengthening safe food handling and inspection systems.

## **CONCLUSION**

In conclusion, the relationship between food and health is of great importance for both individual and public health. Adopting healthy eating habits and implementing measures for food safety are essential for the continuation of a healthy society. Therefore, scientific research on food health and diseases should be supported and social awareness-raising activities should be increased. We expect our valuable authors and readers who follow your journal to increase their knowledge on this subject and take the necessary steps for healthy food-healthy life.

## **Scientific Responsibility Statement**

The authors declare that they are responsible for the article's scientific content including study design, data collection, analysis and interpretation, writing, some of the main line, or all of the preparation and scientific review of the contents and approval of the final version of the article.

## **Ethics Approval and Consent**

Ethics committee approval is not required for the study.

## **Conflict of Interest**

The author(s) declare no potential conflicts of interest related to the research, authorship and/or publication of this article.

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## **Author Contributions**

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