

## GİRİŞ

Tüm canlılarda olduğu gibi yaşama devam etmek için gerekli olan kimyasal tepkimelerin gerçekleşmesi için insanoğlu da varoluştan bu yana çağın imkanları dahilinde farklı yöntemlerle beslenme ihtiyacını gidermiştir. Günümüzde sağlığın korunması ve vücut fonksiyonlarının sürdürülebilmesi için elzem gıdaların alımı “*Beslenme*”, beslenmenin de kişisel özelliklere uygun miktarda ve dengeli olarak reçetelenmesi “*Diyet*” olarak tanımlanır (1). İbn-i Sina beslenmeyi “*Besin maddelerinin mizaç olarak, vücut yapısına benzer hale getirilmesi ve böylece dokulardaki günlük yıpranma ve yırtılmaları, tamire uygun hale getirecek şekilde değişmesi*” olarak tanımlar (2).

Teknolojik müdahalelerin artması ile günümüzde gelinen noktada, yaşamsal ihtiyaçlarımızı karşılamaktan ziyade çoğunlukla sağlıklı işleyebilen vücudumuzun gıda niyetine alınan maddelerle tehlikeye girmesi ve çoğu hastalıklara zemin hazırlanması bile gündeme gelmiş ve bilimsel araştırmalarla izahları gerekli hal almıştır.

Bu araştırmaların belki ilk adımları tıbbın babası olarak tanımlanan Hipokrat’ın M.Ö. 500’de “*Bırakın besinleriniz ilacınız olsun*” cümlesi ile ortaya konmuştur. Yine 15-16. Yy’da Paraselsus’un “*Tüm maddeler zehirdir. İlacı zehirden ayıran dozudur*” ifadesi de günümüzde malnütrisyon olaylarında gerek besin içeriklerinin vitamin, mineral ve temel gereksinimlerimiz açısından fakir olması ile hastalıkların oluşması ve onarım sürecinin sekteye uğraması, gerekse fazla

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