

## Nutrition and Eating Disorders 2019: Changes in sleep, non-exercise activity thermogenesis and food trend and its effect on health and longevity: A review - Abhishek Dhawan - Feelsofts

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### Abstract:

Modern day lifestyle trend has been severe cause to many health issues and resulting in cardiovascular diseases, obesity, endocrine related disease and many others. Today people are familiarizing healthy way of life like engaging in improved food patterns, work styles and physical activity, but still the longevity is in lower range in many countries. We made a works review from different data accessible on sleep time and habits, food pattern and food trend to discuss the suggestive effect on factors like cortisol, non-exercise activity thermogenesis (NEAT), obesity, telomere, cardiovascular factors, change in circadian rhythm and others that cause increased mortality rate and decreased health index with compared to earlier century lifestyle. Increased consumption of processed food and sugar sweetened beverages resulted in high empty calorific consumption than RDA and resulting telomere shortening and obesity which may lead to early aging, weakened immunity and mortality. Lower NEAT affects the obesity as well as overrides the benefits of ex.73441.48 n5(o)26(v)12(a)-2TF1 912 Tf1 0 0 1 948 n5(o)26(v)12(a)-2T vde 8.22 22T osed cons