

The Role of Nutrition in Preventive Medicine: The Place of Street Food in International Gastronomy and Health Development

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Abstract

Nowadays, due to the pandemic, preventive medicine also plays a prominent role in medical science. In addition to physical activity or techniques used in alternative medicine (acupuncture, forms of massage, yogic exercise etc.), the science of meditation has become the part of preventive medicine thanks to quantum physics, epigenetics, metaphysics, neuroplasticity, and psychoneuroimmunology. Firstly, we examined the role of nutrition science in preventive medicine in the manuscript. Therefore, we present foods that reinforce the street food philosophy while being healthy and promoting health improvement. Furthermore, these foods can be used as part of various diets. The manuscript contributes to the health promoting effect of nutrition science and gastronomy and its role in preventive medicine.

Keywords: gastronomy; health promotion; nutrition science; preventive medicine; street food; restaurant hospitality

Introduction

In recent years and in the current pandemic, preventive and alternative medicine have also played a prominent role in addition to the traditional medical science. Among the most important areas of preventive medicine [1-3] include various forms of physical activity and physical health promotion [4]. Techniques and natural remedies used in alternative medicine such as traditional Chinese medicine, also contribute to disease prevention [5]. In the comprehensive study of preventive medicine, the maintenance of mental health also plays a prominent role in a variety of ways. Stress management techniques include the science of meditation as well [6, 7]. This is due to quantum physics [8-10], metaphysics [9], neuroplasticity [11] and psychoneuroimmunology [12] appearing in meditation. The essence of the science field is that objective perception is replaced by subjective perception (<https://www.youtube.com/watch?v=Tpuwm7cmp1M>).

The role of nutrition in science and preventive medicine has already been demonstrated in practice and in a number of articles [13]. Outstanding among these are the research results achieved in fermentation biotechnology which revealed a significant innovation in the context of vitamin supplementation of yeast strains, among others [14]. In addition, foods that stimulate the immune system require increased attention due to the COVID-19 pandemic [15]. We examined the role of street food, which can be considered the future of hospitality in health promotion and preventive medicine in the manuscript.

In the footsteps of street food

Nowadays, dishes that are simple, tasty and can be eaten on the go are becoming more and more popular. So this is the essence of street food which is slowly replacing traditional restaurant food saving quality time for consumers and also adapts to the pandemic. The concept of street food is known worldwide but it has been written about in few articles. The street food hospitality form can be seen as the future of restaurant hospitality. In addition to the best known fast foods, it already has an extremely wide selection [16, 17].

However, in some countries and specific areas, there are significant deficiencies in compliance with the hygiene regulations required by the quality assurance systems of street food restaurants and in the supply of healthy street food. The development of this area is very essential from the hygienic and food safety point of view [18-21].

Healthy food ideas following the street food philosophy as a part of health promotion and disease prevention through the science of gastronomy

Firstly, we have prepared dishes (Figure 1-8) that are easy to create, high quality, healthy and innovative for consumers following the street food philosophy in our manuscript. In addition, these foods can be useful members of special diets and helping to maintain a healthy lifestyle.



Figure 1. Buns with vegetables, chicken and garlic sauce (Own cuisine)



Figure 2. Rye flour pastry with plum jam and dark chocolate (Own cuisine)



Figure 3. Salad mixture with fried surimi sticks and cocktail prawns (Own cuisine)



Figure 4. Plant based blueberry yogurt with muesli and mandarin (Own cuisine)

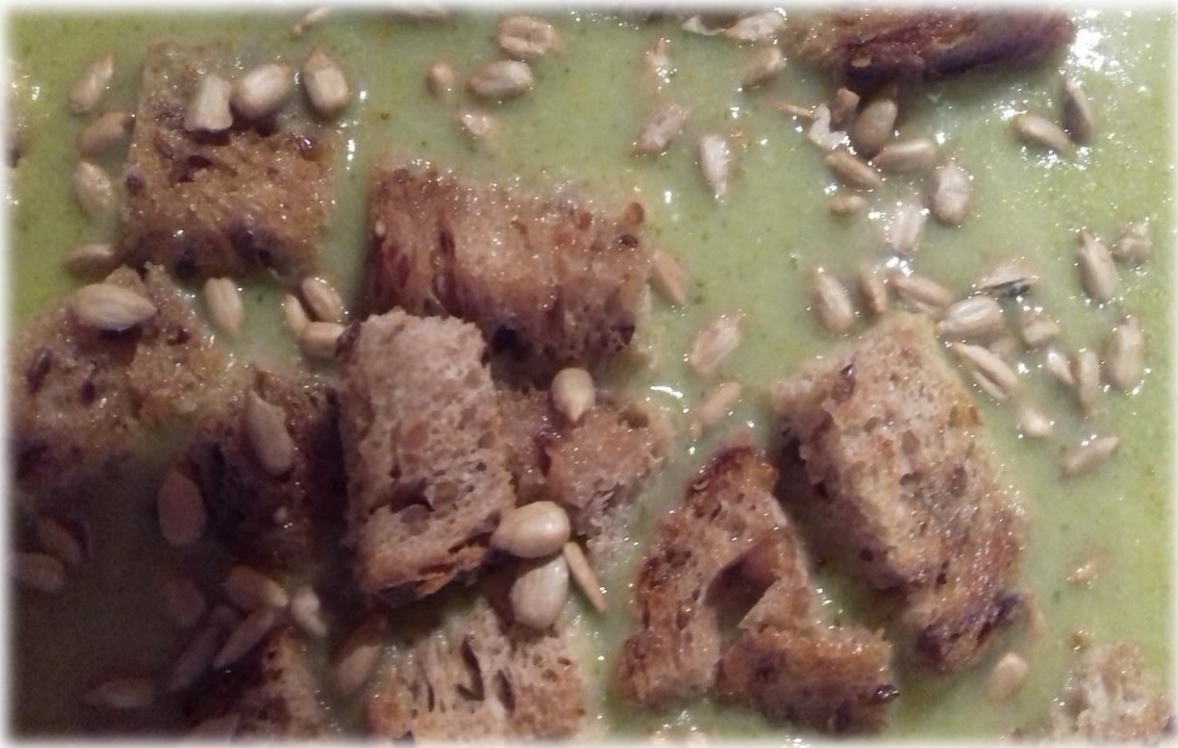


Figure 5. Broccoli cream soup with seeds and toast (Own cuisine)



Figure 6. Fried fish with lactose-free potato-onion salad (Own cuisine)



Figure 7. Tofu with vegetable garnish (*Owe cuisine*)



Figure 8. Sandwich variations (*Own cuisine*)

Conclusion

The main goal of our manuscript is to develop a field of nutrition science that can be used as part of preventive medicine. Therefore, with the help of gastronomic science, we prepared and presented street food dishes (buns with vegetables, chicken and garlic sauce; rye flour pastry with plum jam and dark chocolate; salad mixture with fried surimi sticks and cocktail prawns; plant-based blueberry yogurt with muesli and mandarin; broccoli cream soup with seeds and toast; fried fish with lactose-free potato-onion salad; tofu with vegetable garnish; sandwich variations). These dishes follow the philosophy of street food while being healthy, quick to prepare and high quality as well as well-suited as part of special diets. We hope to contribute to the full understanding of street food and to the development of their role in nutrition science as part of preventive medicine.

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Contribution of authors

All the authors contributed equally. They read the final version, and approved it for the publication.

Conflict of interest

The authors declare that they do not have conflict of interest.

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