The Health Base Diet

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Abstract
Considering the importance of nutrition in the health, this article surveys the concept of diet and also its effect on the health, while defines the related major terms and then it examines the types of proper diets in separate sections. Afterward the article has a glance over the considered subject form the Holy Koran view and analyzes the interpretation, religious traditions, comprehensive traditional and Islamic medicine to show that the human has two physical and spiritual dimensions, on whom the nutrition has effect since the health of the two said dimensions are mingled together. The healthy nutrition has effect on the evolution of human spirit and body and the rate of this diet success on the aged people within the years, has sh owed its applicability.

Keywords: Nutrition, Health, Diet