Student's Name

Professor's Name

Course and Code

Date

Benefits of Eating Healthy Food

The need to eat and drink is essential for every person throughout the life. However, the varieties of food products are enormous and do not always have positive outcomes to human well being. People continue consuming fast food full of fats instead of preferring healthy eating. Person's daily food choices can significantly influence on human overall health as well as general feeling and looking. This paper overviews healthy food and describes the benefits of eating it.

First and foremost, it is necessary to admit that healthy eating begins with changing some habits. They require consuming more fresh vegetables, fruits, and whole grains. Cutting back on products full of fats, salt, and sugar is also important in keeping healthy way of eating. Eating healthy food will help people obtain the right balance of minerals, vitamins, and other nutrients that will result in better feeling with plenty of energy. People often perceive healthy eating as a diet. However, it is not the same as it

means making changes an individual can live and enjoy with. Consuming a balanced variety of products is more satisfying with longer positive effects on healthy weight than diets.

Considering the benefits of healthy eating, it should be mentioned that such habit is really helpful in managing person's weight. Thus, due to the Harvard School of Public Health, healthy products that are low in saturated fats and contain lots of fresh fruits and vegetables can help in maintaining a stable weight. Furthermore, beans, whole-grain breads, and wheat berries that have a milder effect on blood sugar are beneficial for weight control. Also, choosing the right portion sizes of the meals is also essential to maintain a healthy weight.

Another advantage of such eating is heart health. According to the studies in Maryland Medical Center, consuming such balanced meals full of high-fiber foods as fruits and vegetables, legumes, nuts, and whole grains will provide optimal and effective work of heart. It is better to choose such colored fruits and vegetables as peaches, berries, spinach, and carrots because they have the highest content of micronutrients. To reduce human risk of heart death, it is necessary to eat oily fish (salmon, trout, and mackerel) twice a week as it contains omega-3 fatty acids that are significant for the heart.

Making choice of healthy food can also protect from diabetes as including into the daily menu the products rich in monounsaturated and polyunsaturated fats may decline the risk of developing this disease. Proper nutrition can help to improve daily mental health as well as well-being. Products rich in vitamins B-6, B-12 and folic acid can

decrease the homocysteine levels (high level of it can lead to dementia). Food with Omega-3 fatty acids can be beneficial to learning processes by improving human memory. Meals rich of calcium keeps the bones and teeth stronger and thus, might prevent osteoporosis. Moreover, healthy diet in a combination with regular physical activities can help to prevent a range of such other health issues as depression, metabolic syndrome, arthritis, and even certain types of cancer. Practicing healthy habits will enhance the chances for a longer life. 30 minutes walking every day significantly lower the risk of dying prematurely.

In conclusion, eating healthy food suggests numerous benefits that keep the person physically and mentally well-being. Proper nutrition is not the same as special diets that make a person starving. It means consuming balanced meals that are rich on minerals, vitamins, Omega-3 fatty acids, and have moderate amount of fats, salt and sugar. Healthy eating habits may prevent people from various common diseases (heart attack, diabetes, osteoporosis, arthritis, and some types of cancer) and even prolong their lives.