

Argumentative Essay on Food

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Healthy eating refers to foods that contain the right amount of nutrients to keep our bodies healthy. We need healthy food to keep ourselves healthy. In addition, healthy eating is also delicious as opposed to prevalent thinking. Today, children need to eat more nutritious foods than ever before. We must promote good eating habits so that our future generations can enjoy good health and wellbeing.

Most importantly, the harmful effects of malnutrition and the positive impact of a healthy diet should be emphasized. People should teach children from an early age equally.

Benefits of Healthy Eating

Healthy eating has not only one benefit but many. It assists us in a variety of ways. Healthy nutrition has an impact on both our physical and mental wellbeing.

When we eat healthy fruits and vegetables full of nutrients, we reduce our risk of infection. For example, raw vegetables help us to conserve energy and energy. In addition, a healthy diet can prevent chronic illnesses such as diabetes and high blood pressure.

Similarly, obesity is one of the major problems facing our country now. People are becoming victims of obesity sooner than expected. However, this can still be controlled. Obese people often indulge in junk food. Unhealthy foods contain sugar, saturated fats, and other factors contributing to obesity. A healthy diet can help you eliminate all of this as it contains harmful substances.

In addition, a healthy diet also helps you to save money. Cheap compared to junk food. In addition, everything that goes into preparing a healthy diet is also low cost. Therefore, you will be saving big money if you only eat healthy food.

Malnutrition vs. Healthy Eating

Looking at the situation today, we see how the fast-food market has increased. With the advent of food delivery apps and more, people now love to have more nutritious food. In addition, junk food is also delicious and easy to prepare.

However, satisfying our cravings puts our health at risk. You may feel satisfied after a junk diet, but that is just a feeling of satiety and nothing else. Consumption of junk food causes poor concentration. In addition, you may also experience digestive problems as junk food lacks the fiber that helps digestion.

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Similarly, poor blood sugar levels are the result of poor nutrition. That is because it contains fewer carbohydrates and proteins. In addition, junk food raises triglyceride and cholesterol levels.

On the other hand, a healthy diet contains a lot of nutrients. It not only gives your body perfect shape, but it also makes your mind and spirit in good shape. It improves the functioning of our brain. In addition, it improves our immune system. Eating whole foods with little or no processing is the best way for a person's health.

In summary, we must acknowledge that, while junk food may appear pleasant and seductive, it has a cost—the most difficult costs to pay. Therefore, we should all have a healthy diet and strive for long and healthy life.

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