

## Argumentative essay on dieting

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### Introduction

Eating seems to be a part of our lives in today's society, especially for those who care about health. Different people choose different types of eating habits, trying to achieve what they believe is good for their health or physical appearance. In general, most dieters are focused on controlling their weight.

In our urban community, most people in the working class do not have access to healthy food. Their daily diet includes fast foods that are high in fat and salt. The most important evidence of this unhealthy lifestyle is weight gain, especially among those middle-aged workers.

Therefore, most of these young and energetic people should control their diet to stay in shape because of their appearance or health. A common and effective way to maintain a person's weight is to eat a low-fat diet, preferably raw vegetables, fruits and avoid alcohol.

However, some have turned to losing weight through binge eating, not eating at all for days. Some will cleanse themselves after each meal. Many others will go and get weight loss pills and drinks that will help them lose their appetite. These unhealthy foods will cause internal damage over time.

In my opinion, fasting for a better life is more important than just looking attractive. People who wish to control their weight should seek professional advice if they are unable to lose weight after switching to a healthier diet for some time. Losing weight and losing your health at the same time does not benefit anyone.

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