Expository Essay on Food

Food is essential for our bodies for many reasons. It gives us the energy we need to work, play, and perform daily tasks. It helps us grow, strengthens our bones and muscles, repairs damaged cells, and boosts our immune system. And this is not all! Food also provides us with an essential source of satisfaction for our mental well-being. But is all food healthy? No. Only those foods that contain nutrients in moderation are considered healthy. People of all ages should be aware of the benefits of eating a healthy diet because it ensures a fit, healthy life for many years.

Types of Healthy Foods

The following are the different types of healthy foods and your corresponding amount of healthy food.

- Cereals, bread, potatoes, and other legumes - are the primary sources of carbohydrates. The calories found in them enable us to do the work.
- **Pulses**, milk and dairy products, eggs, poultry, animal meat in moderation - these are excellent sources of protein. They build muscle and repair damaged cells, vital for our immune system.
- **Ghee**, butter, dried fruit and nuts, and edible fats in moderation are rich sources of good fats. They provide more energy to our body than carbohydrates but should be consumed in small amounts.
- **Fresh** fruits, vegetables, and leafy vegetables, fish, egg, milk - these are good sources of vitamins, minerals, and antioxidants and are essential for normal body function. Although needed in small quantities, today, nutritionists value it as it helps fight lifestyle diseases such as obesity, diabetes, and even cancer.

Different types of healthy foods, when incorporated into our daily diet in appropriate proportions and water and roughage, different types of healthy foods include balanced diets. On the other hand, a balanced diet is not the same for everyone. It depends on a person's age, gender, physical condition - healthy or suffering from any disease, and the type of work or physical activity they do.

Benefits of Eating healthy food:

A healthy diet nourishes our physical and mental health and helps us stay active for many years. - If we divide this comprehensive benefit into more minor benefits, we will see that healthy food:

1. It helps us to control weight.
2. It speeds us up and increases our productivity.
3. Reduce the number of doctor visits by reducing the risk of heart disease, stroke, diabetes, osteoporosis, other cancers, etc.
4. It helps to raise emotions.
5. Improves memory

6. It improves digestion, and as a result, appetite.
7. Improves sleep

Children influence healthy eating habits by their parents at an early age. These habits and proper education and exercise lead to the total growth of a person who eventually becomes the world's most significant source of income.

What are Unhealthy Foods or Healthy Foods?

To understand the importance of healthy eating in our diet, we must also be aware of unhealthy foods, that is, foods we must avoid. These are mainly junk food with very little or no nutrients and high in salt, sugar, and fat.

Malnutrition is one of the biggest enemies in today's world. It makes us less qualified than ever. It's time to let her go and go on with your life.

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