

## A short note on benefits of eating healthy.

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### Descriptive

A well-balanced diet delivers all of the following energy to keep you active throughout the day nutrients for development and repair, allowing you to stay strong and healthy and reducing the risk of diet-related illnesses like cancer [1].

We can become overweight, undernourished, and at risk for diseases and disorders like arthritis, diabetes, and heart disease if we eat too much food or food that provides our bodies the wrong instructions. In a nutshell, what we eat has a significant impact on our health. Maintaining a healthy weight can also be achieved by being active and eating a well-balanced diet. Vitamin A, B, C, and E deficiency, as well as zinc, iron, and selenium deficiency, might impair portions of your immune system. Vitamins and minerals are substances that your body requires in little amounts in order to function properly. A varied and balanced diet should provide most people with all of the nutrients they require. If you decide to use vitamin and mineral supplements, get professional assistance if necessary [2].

Vitamin A, D, E, and K are fat-soluble vitamins that are mostly found in: animal fats, vegetable oils, dairy foods, liver, oily fish. While your body requires certain vitamins to function effectively, you do not need to consume them on a daily basis [3].

Water-soluble vitamins (vitamin C, B vitamins, and folic acid) can be found in a variety of foods, including fruits and vegetables, cereals, and dairy products and milk. Because these vitamins aren't stored in the body, you'll need to take them on a more regular basis. When you have more vitamins than you require, your body excretes them through urination. Minerals include calcium and iron, among others, and can be found in foods such as meat and cereals, dairy products and fish milk, nuts, fruits, and veggies [4].

By regulating blood pressure and cholesterol levels, a balanced diet rich in fruits, vegetables, whole grains, and low-fat dairy can help to minimise your risk of heart disease. Too much salt and saturated fats in your diet can cause high blood pressure and cholesterol. Eating a meal of oily fish each week, such as salmon and trout, can also help to reduce your risk of heart disease. Oily fish are strong in omega-3 fatty acids, which are important for heart health [5].

### Conclusion

Maintaining a constant weight can be achieved by eating a balanced diet rich in fruits, vegetables, whole grains, and a reasonable amount of unsaturated fats, meat, and dairy. When you eat a wide variety of these meals on a daily basis, you'll have less place for foods heavy in fat and sugar, which are a leading cause of weight gain. Eating a healthy diet in the appropriate proportions can help you lose weight, lower your cholesterol and blood pressure, and lessen your risk of type 2 diabetes when combined with exercise.

### References

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