

Health eating



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April 26, 2007 Choice of food is one of the essential factors in maintaining a healthy body. When choosing meals and snacks, one should consider the following three important keys to healthy eating:

The first key is variety of food since it ensures that one receives all the nutrients that are essential for healthy living. E. g., Yogurt is a good source of calcium while meat offers iron. One should eat both yogurt and meat to get the two nutrients since yogurt cannot compensate for meat. Emphasizing the importance of variety in food, Nancy Clark, a sports nutritionist says, “ One runner, for example, limited herself to plain yogurt, rice cakes, and oranges. Besides lacking variety, her diet lacked iron, zinc, vitamins A, E, and K” (5). This can significantly hamper the health of a sports person.

Secondly, eating food in moderation is important. Nutritionists agree that having chips and fizzy drink occasionally is fine if it is balanced with a healthier choice for the rest of the day (Collins 2). Hence if one indulges in a half-pound beef burger with double cheese for lunch, eating a low fat turkey sandwich for dinner can compensate it.

The final key is wholesomeness, which aims at eating natural or lightly processed food. Choosing whole foods over processed foods is healthier since whole foods have more nutrients and fiber, and less sodium, added sugars and fat (University of California Cooperative Extension 3). Therefore eating whole wheat bread and chicken is a healthier option than eating white bread and hot dogs.

Works Cited

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