

Argumentative essay on can anyone eat super food

[Health & Medicine](#), [Body](#)



These foods have a high nutritional value than others. They are the indigenous food rather than the manufactured ones. The list of the super foods includes salmon, sweet potatoes, avocados, pumpkin seed and blueberries. Super foods have various nutritional disadvantages these include, they may be high on calorie, may not be part of human optimal diet and their availability is seasonal and affected by agricultural waves. In addition, they are economically unviable because they take too long to produce.

Super foods have many advantages to the human body. Their nutrient composition helps the immune system, some can treat diseases, help in aging, they help in reducing cholesterol due to the fiber they contain and protect heart health.

Anyone can take super foods. Their nutrients are good for all. Their advantages are good for our health no matter your age or size. There are so many reasons why these foods are recommendable to everyone of the human race. First, they help improve our immune system. Most of the indigenous foods are well known to contain nutrients that help the immune system. They are used in the herbal clinics as curatives for diseases like diabetes and others. Boosting the immune system makes us healthier and active in the world full of diseases. Example is fruits and vegetables.

Super foods that are macrobiotic, that is high in natural, unprocessed foods, complex carbohydrates and vegetables, have low fat saturation and provide the body with the essential fats. The foods help in weight loss due to their nutrient content and their low levels of calorie. In addition, there are claims that they have healing properties to conditions such as cancer and heart

disease though the claim is yet to be substantiated.

Maca, bee pollen and hemp seed are among the best food for human consumption. Maca has a rich nutrient content and has amazing health benefits. It is used to boost, provide energy, strength, increase libido, sexual function and fertility to both men and women. It also balances the body system by moderating blood pressure and boosts immunity.

The society has different opinions about the intake of super food. In finding out the public opinion on the issue, I interviewed three people, a civil worker, Mary, a nutritionist, Diana and a grocery seller Amanda. In the interview, I asked them what their opinion was regarding the eating of supper food and what made this food be eaten or not. Below is a summary of their responses.

Mary agreed that super foods are important for our health detailing the benefits that are associated with them. She mentioned the reported importance of these foods in boosting the immune system and helping cure some diseases and conditions like cancer and diabetes. However, she said that the level of their intake is not as high as expected due to their prices and availability. She went on to say that, some of these foods are not available in the country and imported goods are expensive above her reach and are not fresh.

Amanda owns a grocery store within town. Her response was quite realistic as she gave me the real picture of the super food intake in town. First, she agreed with the associated benefits they have in our body. Secondly, she explained that even though they are good for all, they are limited in the market and therefore affordable by the well in the society due to their prices.

Diana a nutritionist gave a detailed account on the importance of super foods. In addition, she gave an overview of who should take what and the quantity. Notably was her advice on nut intake for children and pregnant women where she said their nut intake should be low. On the importance, she added that some Chinese food could be used as medicine to boost the immune system, cure diabetes and lower HBP. She also mentioned a red fruit from Himalayas that has anti-aging abilities and sunflowers could remove toxins from the liver among others.

Super foods are a special category of foods that are non-manufactured but found in nature. They have low level of calorie and are rich in nutrients meaning they are very important for the body. They are superior sources of anti-oxidants and essential nutrients. A healthy diet that incorporates a variety of super foods will help an individual reduces/ maintain their weight, fight diseases and live a longer healthy life.

The history of superfund on matters of health in nutrition goes back a long time. These foods are said to be important for hunger prone areas for their ability to survive harsh conditions. For example, sweet potatoes can grow in arid and semi-arid areas. Other super foods used for curative purposes and have a long history include Aloe Vera which is recorded in the bible to have been used together with myrrh to wrap the body of Christ.

Are super foods an important part of the human diet?

For a healthy living, super foods provide essential nutritional advantages that will make our bodies healthy. Like a drug, super food help in reducing cholesterol, heart disease risks, cancer and help in boosting our mood. Foods

with anti-aging abilities help us look young. Some are used as curative agents, for example, cold-water fish has unique oil that not only reduces cholesterol level but also improve the insulin response in people who are diabetic.

Super foods help to increase libido and sexual performance. Some of these foods have benefits in boosting energy, sexual function and fertility in both men and women. Others are natural Viagra without side effects and relieve symptoms of menopause within days. They alleviate allergies, increases stamina, strength and mental clarity.

The super foods boost the immune system. The immune system is a vast and complex system that is designed to detoxify and protect our bodies from illness and foreign invaders. Flu and colds, chronic health problems, all forms of pollution, digestive distress and other health-related conditions; play part in weakening our immune systems. Super foods for a very long time are known to boost our immune systems. Some of these types of foods include fruits and vegetables, which are immune boosters, rich in fiber, no fats and rich in vitamins. Seed, grains and nuts are antioxidants and contain vitamins and minerals.

Super foods are the best in nutrient composition that are beneficial to the body without any side effects. They help in boosting the immune system, cure some diseases and health conditions that are incurable. They in general make us live a healthy life. Super foods are the most nutritious food-plant on earth and their consumption should be emphasized. As Hippocrates said in 400 BC, " Let food be your medicine and let medicine be your food."