

Consuming unhealthy food against healthy food essay sample



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Ever since the existence of human beings, the majority of peoples from all over the world have been struggling with eating food behaviors. Food is essential to our body, and we need to eat at least 3 times a day in order to fulfill the required energy that the body needs to work on it's best performance. However, the challenge is to ingest the right and necessary aliments and nutrients for a better and healthier mind/body state. We all know that cravings are the main actions to commit sin by eating junk or unhealthy food. We all love food and know how good is eating and tasting the distinctive essence of it.

On the other hand, food could also be our own enemy; it can be like a drug and becomes an addiction, and even worse can ruin people's life and sometimes can be even fatal if not controlled well. In the next part, first it will be briefly explain the concept of what is healthy and unhealthy food, and then it will be shown the comparison and the contrast between an unhealthy/unbalanced diet versus a healthy/balanced diet. Furthermore, it will be also shown the benefits of eating healthy food against the negative and dangerous consequences of eating unhealthy food.

Finally, the reason why it is better to choose to eat healthy food against unhealthy food will be explain at the end . What is unhealthy and healthy food? Unhealthy food is referring to junk food, which is a term applied to some foods that are perceived to have little or no nutritional value (Michael Jacobson). We can consider junk food as everything that is fast food. All these food are easy to make and easy to consume. Such as, pizza, hamburgers, hot dogs, chips, candy, gum, most sweet desserts, fried fast food and carbonated beverages.

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On the other hand, healthy food is considered to be whole food, non processed food and organic food such as, vegetables, fruits, whole wheat products, whole grain products, etc. What happened to people when they eat unhealthy food? First of all, when people fall into the bad habits of eating junk food, they find it most likely hard to give up from eating junk food; they become addicted even though they know it is bad for them. This will provoke them to increase their body weight, which also causes increments of their body fat.

Incrementing body fat will lead to obesity and this will induce to reduce their live expectancy, by causing various diseases such as, heart disease, diabetes, breathing problems, certain type of cancer and so on. Second, People who tend to follow bad eating habit, are most likely to suffer from not only health problem, but also from self-esteem, depression, discouragement from life, and many other problems. What this means is that those people find it very difficult to perform to their best capabilities in their daily tasks.

These peoples suffer from slow metabolisms system, this means that when people have slow metabolism they are most likely to have slow and sloppy life. For example, they have problem waking up early, they feel sleepy all the time during the day, and they have concentration problems. Basically, they are not very active and efficient people. Due to all these factors that they struggle with every day, this will make them feel inferior to others, reduce their self esteem and increase their depression.

That is why people like that don't feel encourage in their life whereby all the time they feel frustrated and disappointed with their own life. It' is all

somehow interconnected with our lifestyle, when you have a bad eating habit it all goes wrong like an avalanche, causing to live an unbalanced and unhealthy life. All these problems that they face will increase their anxiety, which can also trigger greater binge eating; where when looking for an escape route for their failure will only cause them to eat more junk food and falling again into the same cycle system.

What happened to people when they eat healthy food? People who are used to eating healthy food are most likely to have a good life habit. Basically it is the totally opposite effects of what I mentioned above. First of all, people will tend to have a more healthier and happier life. They no longer have to worry about health problems; such as diabetes, heart diseases, hormones problems, etc. Second, they feel more active and energized. They also want to be enrolled in physical activities, such as sports. They most likely have a balanced life at home, work, with families, friends.

They can think more clearly, and focus more on their tasks. They don't suffer from anxiety eating problems. Conclusion In conclusion the main reason why people should choose to eat healthy instead unhealthy food is because they should be concern about their health. When people eat healthy, they are most likely to have a healthy and happier life. It is known now by the facts mentioned above that it is more convenient to live a better and balanced life by eating healthy food. Food plays a very crucial role in people's life, when people have bad eating habit is most likely to have a bad lifestyle.