

Overweight, underweight, and obesity

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Healthy Eating and Health Conditions Healthy Eating and Health Conditions

Diet experts that there is a connection between a person's diet and health conditions. Therefore, people should try to maintain a balanced and healthy diet on a daily basis. If this is not observed, there is a high probability that a person could develop risky health conditions. For example, with lack of sufficient minerals and vitamins, a person could possibly develop life threatening conditions (Sizer and Whitney, 2012). Similarly, it is advisable that a person should exercise to burn out excess fats in the body. This will help in enhancing metabolic activities which keep the body strong and healthy.

To begin with, people should consider eating foods that have low concentration of fats. When a person has high fat intake there is a high possibility that they will have heart related complications. The fat settles on the outer lining of the heart, which leaves little room for the heart's activities. With limited space of expansion, the heart does not function accordingly. As such, the person will have difficulties especially when the heart does not give the body enough blood supply due to limited space. This is closely connected to obesity where the body needs massive supply of blood. Similarly, the fat in the body builds the lining of arteries and veins. This leaves little room for blood flow in the body. This leads to high pressure in the blood vessels which later leads to hypertension (Sizer and Whitney, 2012). Therefore, reduction of fat consumptions helps the body to function accordingly. When a person needs to reduce the fat in the body, they are advised to work out everyday for a minimum of 15 minutes. Similarly, it has been discovered that the growth of cancer cells can be minimized by healthy eating. These foods help increase the immunity of the body to any attacks,

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for example garlic. It is known that people who maintain healthy eating habits have lesser chances of attacks from hypertension, cardiovascular diseases and cancer. Therefore, it is prudent to observe healthy eating habits and exercise on a daily basis.

Reference

Sizer, F., & Whitney, E. (2012). Nutrition: Concepts and controversies, MyPlate update. Mason, OH: Cengage Learning.