

# [The necessary for a diet to be](https://assignbuster.com/the-necessary-for-a-diet-to-be/)

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The foods consumed by us humans are all divided intodifferent groups. Out of all the groups, there are five main ones that eachfood can be classified into. There is the fruit and vegetables group, followedby bread and cereals. Then we have meat, fish and their alternatives. There isalso a group of milk and dairy products and lastly, a group for food containingfats and sugar.

In this essay I will be discussing whether it is necessary fora diet to be containing all of the food groups mentioned above for it to beclassified as a ‘ healthy diet’.’What you eat every day determines how well your body isfuelled and how efficiently it functions. Our bodies run thanks to the food weconsume’ (Hatcher, 2015). This particular quote puts emphasis on the need for ahealthy diet as it plays a major part in our daily bodily functions. Thesefunctions can vary from our body’s ability to fight diseases to our body’sability to keep us warm in cold weather, and as these functions are important, it shows that a healthy diet is important as well. Depending on the age of aperson, what their body requires through the diet varies.

This is due to thefact that our bodies have different requirements through our lifetime. Forexample, as kids, our bodies require a lot of fruit and vegetables as well asmilk and dairy products. This is because growing bodies need a diet rich inenergy and these two particular food groups provide that. On the other hand,’an individual that is pregnant would be required to have a diet which is richin iron such as meat and fish to meet their needs’ (Better Health, no date). This goes to show that the contents of a healthy diet vary from person toperson.

Nutrients are very important, and there are a variety ofdifferent types that the human body requires. To fulfil the body’s need fordifferent nutrient it is required that the body is supplied with differenttypes of foods which will contain those nutrients as no single food group isable to provide us with all the nutrients we need for good health. Therefore, having all food groups present in a diet will make it healthy. Although, for adiet to be healthy it requires all the food groups, it requires some a lot morethan it requires others.

It is advised that a healthy diet should contain avery low amount of foods containing sugar. According to the University ofCalifornia Berkley Wellness, we should not consume foods with added sugar, suchas soda and candy. They are sources of empty calories which eventuallycontribute a lot towards weight gain. Also, sugary foods are very high in fat, making them even more calorie dense (Berkeley Wellness, no date). On the otherhand, it is advised that we eat plenty of produce as they have a variety ofdifferent nutrients that help protect us from several diseases. Trying to maintain a diet that does not include all thefood groups leads to disease as opposed to a diet that includes all foodgroups, leading to better protection from diseases. This is due to the reasonthat the individual is only eating a limited variety of food every time and nottrying new stuff.

Therefore, it is advised that for a healthy diet should includeall food groups as according to a study, ‘ participants who consumed the widestrange of foods were 21 percent less likely to develop metabolic syndrome – acluster of conditions like high blood pressure, high blood sugar, or increasedbody fat that ups your risk for heart disease and diabetes – compared to thosewho stuck to the same meals every day’ (Taylor, 2015). Also, a person shouldmake sure that they eat, not only from all the food groups, but also have avariety of different foods from within a particular food group. This is because’different foods vary in the amount of the key nutrients that they provide. Forexample, in the fruit and vegetable food group, orange vegetables such ascarrots and pumpkins contain significantly more vitamin A than other vegetablessuch as white potatoes’ (eatforhealth, 2015). In conclusion, I believe that it is important that for adiet to be healthy, it must include all food groups.

This is due to variousreasons mentioned above. Having all food groups in one plate make sure that allthe different kind of vitamins a human needs are being supplied to us to allowour body’s to function. This then consequently goes onto benefit us as havingall the right nutrients makes sure that our body isn’t deficient of any nutrientsand therefore is functioning at its maximum potential, thus reducing itschances of catching any diseases related to nutrient deficiency. Also, anotheradvantage of having a diet including all food groups is that it allows the dietto change from person to person due to the variety of food options it offers. As mentioned above, our dietary needs change during our lifetime, and throughhaving a diet which includes all food groups, we are able to change todifferent foods which are more suitable to us while making sure all food groupsare included, this would be more difficult to attain as a diet which does notinclude all food groups does not offer as much of a variety in choice.