

The necessary for a diet to be

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

In this essay I will be discussing whether it is necessary for a diet to be containing all of the food groups mentioned above for it to be classified as a 'healthy diet'. 'What you eat every day determines how well your body is fuelled and how efficiently it functions. Our bodies run thanks to the food we consume' (Hatcher, 2015). This particular quote puts emphasis on the need for a healthy diet as it plays a major part in our daily bodily functions. These functions can vary from our body's ability to fight diseases to our body's ability 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 a person, what their body requires through the diet varies.

This is due to the fact that our bodies have different requirements through our lifetime. For example, as kids, our bodies require a lot of fruit and vegetables as well as milk and dairy products. This is because growing bodies need a diet rich in energy 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 rich in 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 to person.

Nutrients are very important, and there are a variety of different types that the human body requires. To fulfil the body's need for different nutrient it is required that the body is supplied with different types of foods which will contain those nutrients as no single food group is able 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 a diet to be healthy it requires all the food groups, it requires some a lot more than it requires others.

It is advised that a healthy diet should contain a very low amount of foods containing sugar. According to the University of California Berkeley Wellness, we should not consume foods with added sugar, such as soda and candy. They are sources of empty calories which eventually contribute 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 other hand, it is advised that we eat plenty of produce as they have a variety of different nutrients that help protect us from several diseases. Trying to maintain a diet that does not include all the food groups leads to disease as opposed to a diet that includes all food groups, leading to better protection from diseases. This is due to the reason that the individual is only eating a limited variety of food every time and not trying new stuff.

Therefore, it is advised that for a healthy diet should include all food groups as according to a study, ' participants who consumed the wide range of foods were 21 percent less likely to develop metabolic syndrome - a cluster of conditions like high blood pressure, high blood sugar, or increased body fat that ups your risk for heart disease and diabetes - compared to those who

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stuck to the same meals every day' (Taylor, 2015). Also, a person should make sure that they eat, not only from all the food groups, but also have a variety 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. For example, in the fruit and vegetable food group, orange vegetables such as carrots and pumpkins contain significantly more vitamin A than other vegetables such as white potatoes' (eatforhealth, 2015). In conclusion, I believe that it is important that for a diet to be healthy, it must include all food groups.

This is due to various reasons mentioned above. Having all food groups in one plate make sure that all the different kind of vitamins a human needs are being supplied to us to allow our body's to function. This then consequently goes onto benefit us as having all the right nutrients makes sure that our body isn't deficient of any nutrients and therefore is functioning at its maximum potential, thus reducing its chances of catching any diseases related to nutrient deficiency. Also, another advantage of having a diet including all food groups is that it allows the diet to 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 through having a diet which includes all food groups, we are able to change to different foods which are more suitable to us while making sure all food groups are included, this would be more difficult to attain as a diet which does not include all food groups does not offer as much of a variety in choice.