

# Research paper on healthy eating

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



## **Popular Press Article**

Bowden, Jonny. “ The 10 Best Foods You aren’t Eating.” Men’s Health 2 Aug. 2007. Web. 6

The article lists ten types of food – mostly vegetables – that are good for people’s health but that people don’t usually eat. The article provides information on the health benefits of each type of food as well as some instructions or suggestions on how they can be eaten.

People would be likely to read this article as it has a catchy title that will easily intrigue the reader. The title is also very easily understood where its message and relevance is immediately conveyed to the reader. In addition, the article provides information that the reader can easily relate to and advices that they can easily follow. For example, the foods included in the list are foods that the readers can easily find and buy from their local markets and that they can easily prepare at home. Moreover, the information is presented in a readable format where information is divided into small chunks, uses a lot of white space, is clearly labeled, and is written using simple language that the reader can easily understand.

In the same manner, the readers are likely to follow at least some of the advice provided by the article. The fact that they took the time to read the article means that the topic is relevant to them or that they’re probably health conscious and are looking for healthy food options. As well, the advices provided are pretty simple, which the reader should have no difficulty following.

The information can be considered authoritative and reliable because the author is indicated as having a Ph. D. and because the information is not really something new. The information provided in the article has already been provided by other articles and news items in the past, both in print and on TV, so much so that the information has become almost common knowledge. As such, the article serves more to reiterate such information rather than to provide new information.

## **Scholarly Articles**

### 1st Article

Galland, Leo. “ Diet and Inflammation.” Nutrition in Clinical Practice 25. 6 (2010): 634-640.

Print.

This article examines the anti-inflammatory effects of certain types of food, particularly those that are included in the Mediterranean diet. It presents the effects of each food type when taken within a certain duration of time. It then concludes that, unlike Northern European and Northern American dietary patterns, a Mediterranean dietary pattern has shown anti-inflammatory effects.

This article can be considered scholarly in that it was authored by a professional with a degree in medicine. It also provides the results of the author’s research, which is supported by previous research and which is presented using jargons. In addition, all of the sources are properly cited and referenced.

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Since the information presented in this article is based on the results of the author's research, which are supported by the findings of previous research, the information in this article can be considered authoritative and reliable. Having all the sources properly cited and referenced further strengthens the validity and credibility of this article.

This article supports the information provided in the popular article, as this article also promotes fruits and vegetables as part of a healthy meal. Just like the popular article, this article also promotes a low-fat but high-nutrients diet.

## **2nd Article**

Willett, Walter C., Sacks, Frank, Trichopoulou, Antonia, Drescher, Greg, Ferro-Luzzi, Anna,

Helsing, Elisabet and Trichopoulos, Dimitrios. "Mediterranean Diet Pyramid: A Cultural

Model for Healthy Eating." *The American Journal of Clinical Nutrition* 61. 6 (1995):

1402S-1406S. Print.

This article describes the food pyramid based on dietary traditions in the Mediterranean, which have been previously associated with good health. This is based on the food patterns of people in Crete, Greece and Southern Italy, which are attributed to the longevity of the people's lives in those areas. The article also describes the specific foods that are included in the

pyramid, the amount of proper consumption, and the reasons why this diet promotes good health.

The article can be considered scholarly because it is based on previous and current research where all the sources are properly cited and referenced.

The article also uses jargons and provides statistical information to support the findings or claims of the authors.

Because all of the sources used for the article are properly cited and referenced where the sources themselves are authoritative and reliable, this article also proves to be authoritative and reliable. As well, the statistical information provided serves as a strong support for the points being made in the article.

The information contained in this article does support the information provided by the popular article, as both articles promote fruits and vegetables as healthy food. Both of them also advocate for foods that are low on fat but high in nutrients, which can still be served and eaten in a delicious way. Both articles also provide information on the health benefits of the suggested foods.

## **Works Cited**

Bowden, Jonny. “ The 10 Best Foods You aren’t Eating.” Men’s Health 2 Aug. 2007. Web. 6

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Galland, Leo. “ Diet and Inflammation.” Nutrition in Clinical Practice 25. 6 (2010): 634-640.

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