

# Anything

[Linguistics](#), [English](#)



Your full January 28, A Difficult Decision The most difficult decision that I have made in therecent years is to go to cut down junk food consumption. I had always been fond of junk food, such as pizzas, burgers, fries, cold drinks, cakes and pastries. I loved going to bakeries and fast food corners. Going to ice cream parlors every other night with friends was a must. I loved baking cakes with my mother. I hated fruits and veggies. I loathed milk and dairy products. Those eating habits proved to be very harmful for my fitness and wellbeing, and I started gaining weight. I gained around 40 pounds in two years. I could feel that I was no longer active. I felt lethargic and sluggish all the time. I was most of the time feeling sleepy during classes and while doing homework. I would quickly lose my breath after some walk. My parents got very much concerned, and took me to a physician, who referred me to a nutritionist after getting to know my eating habits. The nutritionist was an angel in disguise, who convinced me that my poor eating habits, too much consumption of junk food, and scarcity of healthy food in my diet, led my weight to increase. He told me that obesity was a growing concern, which brought with it a lot of diseases. I followed his advice and food charts, and started including healthy food in my diet. Leaving all the pizzas, burgers, and cakes was the hardest task for me in the world. But, I was determined to gain back my health; and, now, after two years of my decision, I have been able to shed my extra pounds, and feel quite active all the day.