

# Writing to learn 3

[Health & Medicine](#)



Writing to Learn 3 Healthy eating relates to the consumption the right amounts of foods from all food groups to obtain nutrients that the body needs, as well as to provide energy, which drives diverse physiological processes. In addition, it helps fight off chronic diseases such as heart disease diabetes, cancer and osteoporosis. A healthy meal plan includes carbohydrates, fruits vegetables, dairy, fat, protein and desert (DeLuz and Hester 32).

Carbohydrates are key sources of nutrients such as magnesium, iron, vitamin B and phytonutrients, which aid in the processing of the red blood cells (RBCs), muscle contraction and fighting disease. Lack of carbohydrates may lead to fatigue, muscle cramps and poor mental functioning. Proteins are sources of nutrients such as zinc, thiamin and riboflavin that are important in enzyme functioning (DeLuz and Hester 42). Lack of protein leads to depressed metabolism. Vegetable and fruits are rich in antioxidants. Therefore, insufficient fruits and vegetables intake leads to fatigue and mental disorders. Below is a one-day menu plan. Breakfast; Omelet of  $\frac{1}{2}$  cup egg substitute,  $\frac{1}{4}$  cup chopped onion,  $\frac{1}{4}$  cup chopped green pepper and 2 teaspoons canola, 1 slice whole wheat bread toasted with 1 teaspoon creamy peanut butter, 1 medium orange. Lunch; 3 ounces roasted chicken breast, salads of 2 cups mixed greens, one tablespoon red wine, 2 teaspoons virgin oil, 2 whole grain rye crackers,  $\frac{1}{2}$  cup skimmed milk, 1 medium peach. Dinner should have  $\frac{1}{2}$  cup brown rice,  $\frac{1}{2}$  cup fresh broccoli and 1 medium carrot stir fried in 2 tablespoons of extra virgin oil,  $\frac{3}{4}$  cup fresh strawberries.

#### Works Cited

DeLuz, Roni, and James Hester. 1 Pound a Day: The Martha's Vineyard Diet  
<https://assignbuster.com/writing-to-learn-3/>

Detox and Plan for a Lifetime of Healthy Eating. New York: Simon and Schuster, 2013. Print.