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Nutrients Are Life

When it comes to maintaining a healthy diet, the struggle can be real. It’s not that individuals don’t know that monitoring the types and amounts of food they eat matter, it’s more that life simply gets in the way of this goal. Whether it’s because of busy schedules, not enough sleep, or those relentless cravings, people seem to have trouble following through with a healthy eating lifestyle. Although it may be difficult to transition from hot Cheetos everyday to nothing but vegetables, there is value in making small changes to either what types of food one eats or how much food one eats. In my opinion, monitoring the types of food one eats is more important than monitoring how much one eats because the human body needs certain foods in order to function properly and can be negatively impacted by having foods that are proven to be not good for it.

One reason I believe that monitoring the types of food we eat is imperative is because the human body needs the nutrients we get from fruits and vegetables. According to the United States Department of Agriculture, fruits and vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C. Consuming these nutrients are crucial, as they help protect against health issues, such as heart disease, cancer, type 2 diabetes, and many others. Including fruits and vegetables as part of an overall healthy diet may also lower blood pressure and reduce the risk of developing kidney stones. These facts highlight the importance of monitoring the types of foods one eats, as there can be severe consequences to the body if not.

Just as the body benefits from certain types of foods, other types of food have a direct impact in hurting it. For example, foods heavy in fat and sugar can be detrimental to one’s energy levels as they try to take on the day. I know from my own personal experience that when tired, angry, or sad, the first thing my body craves are these types of foods. Although I take pleasure in consuming a bag of chips or an extra cheesy pizza, the end result is not fun. I am usually more sluggish after I eat these things and any drive I had to be productive before eating diminishes. Furthermore, after the initial excitement around the taste of these foods, my mood changes and I feel frustration or guilt for doing something I knew would be bad for me. Therefore, monitoring the types of food I eat is more imperative than how much of it I eat because it forces me to eliminate or significantly reduce the types of food that are harmful to my energy levels and mood.

Overall, eating healthy is a balance between what we eat and how much of it we eat. However, this balance is easier said than done. Therefore, I believe that when making at least slight modifications to the way one eats, it is more important to focus on what types of food he or she consumes than how much of it. I believe this because monitoring the types of food we eat ensures that we are getting the fruits and vegetables our body benefits from, in turn reducing the amount of harmful foods we give it.