**Outcomes of Unhealthy Food and Ways of Improving Eating Habits**

First name, last name

Institution

Course

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Due date

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There is doubt that eating junk food can contribute to health problems. Many people claim that eating junk food can have adverse health effects. On the other hand, some people believe there are better and more valuable ways to improve eating habits. This essay will examine both sides of the argument and give an opinion.

Eating junk food can lead to health problems such as obesity, heart disease, and mental illness. A cuisine high in trans-fats, saturated fats, and sugars without physical activity will result in weight gain - increasing the chance of obesity ( Nicolaidis, 2019). Diet has a significant impact on cardiovascular health. Salt and fatty foods can be particularly harmful if consumed in excess. It is recommended that salt intake be 2400 mg each day. Diet also plays a vital role in mental health; overeating junk food can cause mental illnesses such as depression, anxiety, and diseases such as Alzheimer's in the future. Sweet foods and refined carbohydrates are particularly harmful because they result in rapid spikes in blood sugar—adults who eat healthy foods last longer and have less risk of chronic disease. Individuals with chronic diseases can control these conditions and avoid complications. Most people boycott healthy foods and overeat sodium, saturated fat, and sugar, increasing their chances of chronic health conditions.

There are various effective methods to improve eating habits. Map their eating and drinking style by keeping track of their food and drink diary and writing down the times of day they eat or drink, which will help them discover their patterns. Then, review the unhealthy eating habits they recommended and justify all the cues that make them engage in those habits. Fruit and vegetable consumption is primarily low-calorie. However, it contains vitamins and minerals and is full of fibre and water, keeping digestion regular and making them feel full for a long time (Yu et al., 2021).

Moreover, people can also get omega 3 in eggs; the omega-3 fatty acid DHA is only found in yolks, and egg whites do not contain saturated fat. The benefits of omega-3s include protecting the heart and reducing the risk of memory loss. Make suitable portions. For example, others believe they consume more food when hungry or eat their favourite foods. One important thing that controls how much they eat is portion size. People consume much of it, although they avoid it when served in a large container. So, they take their food on a smaller plate to limit the size of their meal. Some people support the view that one should try to eat at least three servings of fruit and five servings of vegetables regularly (Cena et al., 2020).

Eating whole grains like brown rice, barley, and oats gives them fibre and starchy carbohydrates. Whole-grain fibre helps the body maintain a healthy digestive system and prevent constipation (Manson et al., 2020). Unsaturated fats found in avocados, olive oil, and nuts help keep them feeling full and help specific organs such as the heart and eyes. Fight irritation and help protect blood cholesterol from oxidation. However, consuming saturated fat in butter, red meat, and cheese can cause significant health complications such as heart attacks and high blood pressure. Get more protein from plant sources; legumes, beans, and peas are good protein sources and complex carbohydrates.

Additionally, staying hydrated by drinking more water can help them regain energy, lose weight, and help the body function. Drink calorie-free and caffeine-free drinks as they rehydrate best. Beverages such as water, flavoured water, and tea are recommended and reduce the consumption of sugary drinks. Vitamins and supplements also help maintain healthy eating habits, which can add nutrition to the meals and benefit individuals with food allergies. Some people consider an iron supplement, especially for menstruating women. In addition, exercise is essential because it helps balance the number of calories consumed. Activities such as weightlifting can stimulate muscle building when combined with adequate protein intake, as exercise helps release hormones that promote the ability of muscles to absorb amino acids, which helps them grow and reduce their breakdown as people tend to lose muscle mass and function, which may lead to an increased risk of injury.

In conclusion, an unhealthy diet can lead to disease states when consumed daily. A healthy diet is essential for maintaining the health of current and future generations throughout their lives. Therefore, people should follow proper eating habits and consume balanced diet foods. In addition, good nutrition reduces the number of people suffering from terrible disorders and increases the life span of people.

**References**

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