**THE DANGER OF UNHEALTHY FOODS**

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Food,a major component that contributes to our daily lives. Some argue that we eat to live while another group has it that we live to eat. Food is the fuel our body needs in order to function. Unfortunately food can have both a positive and negative impact in our bodies depending on its nature. The food we eat really determines how our day turns out therefore it’s okay to be choosy on what you consume.

“you need to start eating healthy John, “my Doctor said to me on my last visit to the hospital. It turned out that I was over weight, my BMI was not so good, my digestive system seemed to grow weaker ever minute I chewed on my burger! The Doctor insisted in order to save my life I needed to adapt to a new food routine. I now had to do vegetables more often! It was very depressing at first but an year later everything made sense, I was now healthy and fit.

Body Mass Index commonly known as BMI is greatly affected by eating unhealthy foods leading to overweight and obesity .According to World Health Organization(WHO) most health related issues are contributed to BMI. For an adult your BMI rate should vary from 18.5 to 24.9 and anything above 30 is a life threatening issue. Therefore it is very important to practice healthy eating in order to maintain the recommended BMI level.

Did you know that the rate of metabolism in our bodies is greatly determined by what we eat ?Un healthy food stuffs such as sugary beverages tend to slower the rate of metabolism leading to stomach discomfort, low energy level and causing your body to store more fat. A recent research by WHO claims that most people taking refined grains are at risk of getting blood sugar spikes simply because most of it contains empty calories.

Junk food such as biscuits tent to affect our oral health. From tooth cavity to swollen gums and sensitivity ,sugary foods weaken our teeth. According to a research by a local medical research institute here in Kenya ,75% of patients suffering from Diabetes type 2 have their meals with excess sugar in them most of them not being aware. Lets join hands in fighting Diabetes type 2by avoiding sugary foods.

Another surprising effect of taking sugary foods is mood disturbance! Yes sugar alters your mood. From anxiety, trees and even worse to depression. A friend of mine likes his cup of coffee sugarless every morning, he claimed it calmed his nerves. Sugary food stuff have also been proven to cause sleep issues amongst those who consume added sugar, poor sleeping patterns leading to insomnia and headaches in the end leading to mental illness.

Most of us like our meals extra salted, but over the years this has been proven to be an unhealthy way of eating. Too much salt causes high blood pressure. Salt causes our bodies to retain a fluid increasing blood volume and raising your bodies blood pressure and as a result of that causing stroke

I once had a student who always complained headaches after having an afternoon meal. It seemed strange until I came across a term called ‘’DEHYDRATION HEACHACHES’’.This is simply a condition where salt leaches sodium from your body’s water supply. As a result your whole body becomes highly intoxicated by salt leaving drained,nausea,dizzy and to some scenario the patient ends up vomiting.

According to a statement from Director General of WHO,Mr Tedros Adhanom claims that the average recommended amount of salt to be consumed by an adult should be at least 2400mg per day. Hats approximately a tea spoon .One major way to determine whether you are consuming too much salt is by observing the color and thickness of your urine. If you knowtice your urine seems rather dark and thicker than usual that’s a signs to reduce your level of salt intake.

Just like cocaine or any other drug, junk food has been proven to be highly addictive. Its very much often we find ourselves daydreaming of junk food, countless times checking up on the clock just to end up at a local fast food shop. For the longest time, it has been proven that a major cause of inflammation is caused by excessive consumption of junk food making your body unable to protect itself.

Calcium is an important element in our bodies especially to toddlers and growing up kids. Most of the foods consumed lack this nutrient. Without calcium our bodies become weaker and weaker as the days go by. We need the calcium in our meals for strong bones. A few examples of foods rich in calcium are milk cheese and yogurt.

As the days go by and by its important to enlighten the current and up coming generation the importance of consuming healthy meals. With the rising demand and production of genetically modified organism we are at high risk of consuming unhealthy foods as a result reducing the expected life expectancy.

Here are some of the ways to improve eating habits .One, mass communication. This is simply imparting information on a large scale to a wide range of people. Through articles writtings,generating posters,walking door to door in our communities to educate our mothers ‘the outcomes of eating unhealthy foods and the threat it poses to our future generations.

Secondly, lets make it a habit to consume more of natural foods than

genetically modified ones. A piece of banana straight from the farm would make a big difference in our well being .Let us also not forget that hygiene plays a very big role in determining whether food is safe or unsafe for consumptions. Wash food, fruits and vegetables before eating,wash and dry your utensils before eating. Lets also not forget to use clean surfaces whenever we are preparing a meal. Hygiene is a key way to ensure we consume healthy meals.

Lets also avoid eating street foods. Lets adapt the routine of having a decent meal,atleast two meals a day would make us healthy, keeping in mind it should constitute of proteins, carbohydrates and vitamins. A balanced diet in this case.

Another major and effective way of improving healthy eating is by taking plenty of water. Its recommended to take at least 8 glasses of water a day. Water acts as a lubricant as the food travels from your mouth to the intestines. As the water flows through the digestive system, it helps in breaking down of food in order for the body to absorb nutrients. And as the food softly gets into the mouth it also has to exit appropriately. Water softens the stool preventing constipation.

According to Nutritionist ,Its high recommended to always have breakfast on time as it’s the most beneficial meal of the day, your body need the strength to operate. Some argue that as night time approaches, the level of food intake should reduce and vice versa.

Health specialist advice its also important to eat variety of food. According to research, it is proven those who take variety of foods from time to time have a stronger immune system that those feeding on one genre of food. A balanced diet should constitute of the three main food nutrients which are ;Carbohydrates, Proteins and Vitamins.

Another uncommon way of improving good .eating habits is by just having what’s enough for your body.Exessive consumption of food mainly leads to reflux, bloating of the stomatch,indigestion and in rare cases like food poisoning there is the feeling of nausea. Nutritionist have it that it only takes 20 minutes for your body to register satiety and fullness.

Another survey conducted proved that most people don’t consume fiber which we get from fruits and vegetables such as a mango. When asked why he threw the fiber from the banana,12 Year old Michael claimed it did not taste so good.Fibre has been proved to have major importance in our body such as controlling hunger and blood sugar level.Fibre consumed has the ability to do this as it cannot be broken into small sugar molecules like other carbohydrates. Its also believed and proven that fiber regulates your body weight making you more adaptable to movement. Not forgetting a common advantage of fiber is that of lowering the level of cholesterol in the body.

Its also high recommended to take raw vegetables. A piece of tomato or carrot may not be so bad after all. Raw vegetables have over the time been proven to retain more nutrients than cooked vegetables because heat destroys the sensitive nutrients found inside the vegetables, a good example is vitamin Dermatologist have also agreed that intake of raw vegetables attributes to smooth and glowing healthy skin. Most skin ointments contain some extracts of this natural resources.

Its also noted that raw vegetables contain more that cooked once, this is definitely because of the heat submitted when cooking.

My message to the world is lets practice better proper eating.