

Structure the essay about healthy foods by dragging the box to the correct sequences

Additionally, healthy food improves one's mood and enhances his mental status. When a person's body is in stress, protein is often broken down into amino acids which aid the body to deal with stress. Protein-rich diets such as dairy products can help to enhance the protein level in the body hence it ensures that one is in good moods. Moreover, diets that contain high omega-3 fats such as nuts, as well as vitamin-rich and mineral-rich diets including fruits and vegetables reduce the risk of depression and help to maintain stable blood sugar levels. Healthy foods also improve the overall body appearance. Sugary items have been linked to dry skin and early aging.

Healthy food is one that does not cause short-term or long-term health problems to the user. It should neither be contaminated nor have injurious content. Eating vegetables and fruits in large quantities helps to reduce the risk of developing chronic diseases such as diabetes. Vegetables, for instance, provide nutrients needed in maintaining good health.

Healthy food includes whole grains, dairy products, eating plenty of vegetables, eggs, as well as lean meats. However, choices might not be that easy. Most of the items sold in food outlets contain a high amount of fats, sugar, and are rich in calories. It is not always easy to maintain an effective diet as the challenges of limited time, and a busy, demanding work schedule leaves most people with little option but to consume edibles from fast food stores, processed snacks, and high-energy drinks such as sodas.

Healthy food also increases a person's chances of living longer. High calories have been shown to increase blood pressure and increase chances of an early death occurring. However, vegetables, fruits, exercise, and overall calorie-reduction enables the body to work efficiently. Junk food does not have the vital micronutrients such as minerals and vitamins. Consequently, the consumer misses the vital nutrients needed to boost the body's well being hence his risk of early death is enhanced.

In conclusion, healthy food enhances human life and makes him or her live long, avoids some preventable chronic diseases, saves costs, and puts one in good moods. Given the high rate of deaths in the U.S. caused by factors related to poor diet, lack of physical exercises and high consumption of junk foods, people need to consider consuming healthy food.
