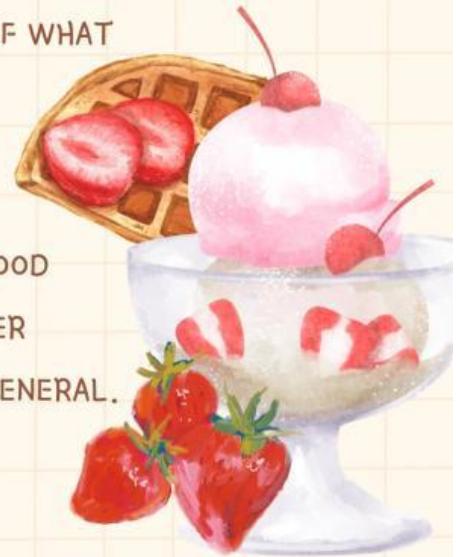


IMPROVES FUNCTION FEEL MAINTAINING ENJOY UNBALANCED CAUSES EXPLAINS

BY CONSUMING A VARIETY OF DIFFERENT FOODS THROUGHOUT THE DAY OUR BODIES WILL BE ADEQUATELY SATISFIED AND WILL BE ABLE TO \_\_\_\_ PROPERLY SO ONE WILL BE IN HEALTHY CONDITIONS AND FEEL GOOD WITHIN THEMSELVES. EATING HEALTHY IS ABOUT BEING AWARE OF WHAT IS GOOD FOR OUR BODIES.

EATING HEALTHY CAN ALSO MAKE A PERSON FEEL GOOD ABOUT THEMSELVES, RAISING ONE'S SELF ESTEEM. CHOOSING HEALTHY FOOD INSTEAD OF JUNK FOOD NOT ONLY HELPS A PERSON TO \_\_\_\_ BETTER EMOTIONALLY BUT ALSO \_\_\_\_ THE FUNCTIONS OF THE BODY IN GENERAL.



HEALTHY EATING IS ABOUT CREATING AND \_\_\_\_ A HEALTHY DIET AND IT STARTS BY EDUCATING OURSELVES WITH FACTUAL KNOWLEDGE OF THE GREAT BENEFITS OF HEALTHY EATING. MANY PEOPLE TODAY \_\_\_\_ A GREATER ABUNDANCE AND VARIETY OF FOOD THAN EVER BEFORE. NEVERTHELESS, COUNTLESS HEALTH AND NUTRITIONAL PROBLEMS ARISE FROM \_\_\_\_ DIETS AND OVEREATING.

IT IS NOT THAT EASY TO EAT HEALTHY, AS THE RESEARCHERS, FROM THE NEUROSCIENCE PROGRAM IN SUBSTANCE ABUSE (N-PISA) AT VANDERBILT UNIVERSITY, USA MENTIONED, "A HIGH FAT DIET \_\_\_\_ PEOPLE TO EAT MORE, WHICH ULTIMATELY IMPAIRS THE ABILITY OF OBESE PEOPLE TO SUCCESSFULLY CONTROL THEIR CALORIC INTAKE, LOSE WEIGHT AND MAINTAIN WEIGHT LOSS. WE HAVE CONDUCTED SEVERAL STUDIES TRYING TO UNDERSTAND WHY A HIGH FAT DIET HAS THIS EFFECT". THIS PROBABLY \_\_\_\_ THE REASON WHY PEOPLE TEND TO EAT UNHEALTHY JUNK FOOD.

