

A short essay on “Healthy eating makes us healthy”

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Word range (100-150)

Healthy eating makes us healthy

Healthy eating is not only important for our diet. It is also important for a person's well being. What is healthy eating? When our diet is consisting of the main nutrients such as carbohydrate, protein, fats and oil. Vitamins and minerals and fiber and water we call it a balanced diet.

Healthy eating do wonders for our health. It improves the physical fitness.

Healthy eating doesn't mean a strict diet or give up food we love. Only thing is balance the amount of types of food we eat to obtain all necessary nutrients. It is good to limit the fattening food as fast food like pizza.

Eating healthy should start at young age. It helps people to lead a healthy life when they grow older.

Learn about proper nutrition will help to establish long healthy eating habits and will improve the health of children. A balanced diet will help a child to live a long life.

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