

School: Pershing Middle School  
Teacher: Mrs. Ochs  
Author: Nicole Easley

## The Healthy Way Of Living

By: Nicole Easley

Did you know 34 percent of American adults are obese, and 14 percent of children aged two to five are overweight? Junk food and fast food has taken over the lives of citizens, and people need to ask themselves, what are the facts and myths about eating healthy food?

Food myths are a great way to gain curiosity about what kinds of foods to eat, and what not to eat. For example, do you think dried fruit is not as healthy as fresh fruit? If you said false, you were correct. As part of your healthy balanced daily meals, it is recommended that you eat at least five fruits and vegetables a day. It doesn't matter if they are frozen, fresh, canned, dried or juiced. Another myth is, is choosing healthy food limiting and boring? The answer is false, it is true we shouldn't eat too much of a specific food, or eat it too often. However, there are a lot of interesting foods like: fish, meat, poultry, fruits and vegetables. As you can see food myths can help educate people on how to eat right.

Eating healthy needs to be part of our everyday life, not just a diet you go on every 5 months. Take matters into your own hands, and research the facts about eating healthy. For instance, did you know that carrots really can help you see in the dark? Vitamin A is

known to prevent something called “night blindness” and carrots are loaded with vitamin A. Also, you should have a tomato with your burger. When a source of vitamin C is eaten with meat or cooked dry beans, the body makes better use of the iron in the protein food. Clearly, people don’t realize that they can change their life, just by changing their diet!

It is important that people eat their food in the most natural state. The more the food is processed, the more it loses its natural vitamins and minerals. Processed food contains many unhealthy chemicals. These chemicals often have a negative impact on the internal organs.

The lives of people are now in the hands of food. People have a responsibility to eat healthy, and we need to take it seriously. Just by doing research, you can educate yourself on how to eat healthy. Your life may last longer and have better quality by having a balanced diet!