

Truc Tran
Herbert Hoover
Highschool
Mr. Robinson
10th grade
Sophomore

Facts and Myths about Eating Healthy

Being healthy is what everyone wants to achieve. Eating healthy is one of many ways to accomplish this achievement. There are many facts and myths about eating healthy. When there is a myth about the food, there is a fact that will explain the truth about it. The myth is just a gist of what the truth really is and people don't really look into the facts so they are not really getting the right information to know what eating healthy really is.

For example, a myth would be carbs will make you fat. This is somewhat true but the truth is that when they are consumed in average, balanced amounts, they become the best source of energy your body can find. Myths are partly true statements that people just summarize to hide the truth behind the facts. You probably hear people say that sugar gives you energy and this is actually true. What you don't know about this myth is that there's a consequence that comes with it. The sugar will help you gain a quick rush of energy for a limited amount of time but after the rush, your blood sugar rate will decline greatly, and you will suddenly feel like you have less energy than when you started. The best way to know if you are really eating healthy or not is by looking for the facts yourself rather than listening to what people around you says.

Myths are always derived from the facts. People tend to believe in the myths more than the facts because they don't take their time to really look for the truth themselves. The only way that you can find out if you're eating healthy or not is by looking for the truth yourselves. Only listening to what people tell you is not always the whole truth. We need to be healthy and eating is probably the best source there is out there for us to obtain this goal. In order to be healthy by eating, we have to look for the facts about what we are eating rather than listening to the myths that people create.