

Date: 23<sup>rd</sup> January-2025

## HEALTHY FOOD

**Axmadjonova Zulfiyaxon Qosimjon qizi**

English teacher at Margilan City Polytechnic № 2

**Annotation:** Healthy food has many benefits. It keeps us healthy and fit. Moreover, it keeps away diseases like diabetes, blood pressure, cholesterol and many more. Healthy food also helps in fighting obesity and heart diseases. This article discusses the importance and benefits of healthy food and nutrition.

**Key words:** healthy food, benefits, junk food, delicious, problems, diabetes, disease, sugar.

Healthy food refers to food that contains the right amount of nutrients to keep our body fit. We need healthy food to keep ourselves fit.

Furthermore, healthy food is also very delicious as opposed to popular thinking. Nowadays, kids need to eat healthy food more than ever. We must encourage good eating habits so that our future generations will be healthy and fit.

Most importantly, the harmful effects of junk food and the positive impact of healthy food must be stressed upon. People should teach kids from an early age about the same.

### **Benefits of Healthy Food**

Healthy food does not have merely one but numerous benefits. It helps us in various



spheres of life. Healthy food does not only impact our physical health but mental health too.



Date: 23<sup>rd</sup> January-2025

When we intake healthy fruits and vegetables that are full of nutrients, we reduce the chances of diseases. For instance, green vegetables help us to maintain strength and vigor. In addition, certain healthy food items keep away long-term illnesses like diabetes and blood pressure.

Similarly, obesity is the biggest problems our country is facing now. People are falling prey to obesity faster than expected. However, this can still be controlled. Obese people usually indulge in a lot of junk food. The junk food contains sugar, salt fats and more which contribute to obesity. Healthy food can help you get rid of all this as it does not contain harmful things.



In addition, healthy food also helps you save money. It is much cheaper in comparison to junk food. Plus all that goes into the preparation of healthy food is also of low cost. Thus, you will be saving a great amount when you only consume healthy food.

Junk food is very harmful to our bodies. It contains high amounts of sugar, salt, fats, oils and more which makes us unhealthy. It also causes a lot of problems like obesity and high blood pressure. Therefore, we must not have junk food more and encourage healthy eating habits.

### **Junk food vs Healthy Food**

If we look at the scenario today, we see how the fast-food market is increasing at a rapid rate. With the onset of food delivery apps and more, people now like having junk food more. In addition, junk food is also tastier and easier to prepare.

However, just to satisfy our taste buds we are risking our health. You may feel more satisfied after having junk food but that is just the feeling of fullness and nothing else. Consumption of junk food leads to poor concentration. Moreover, you may also get digestive problems as junk food does not have fiber which helps indigestion.





Date: 23<sup>rd</sup> January-2025

Similarly, irregularity of blood sugar levels happens because of junk food. It is so because it contains fewer carbohydrates and protein. Also, junk food increases levels of cholesterol and triglyceride.

On the other hand, healthy food contains a plethora of nutrients. It not only keeps your body healthy but also your mind and soul. It increases our brain's functionality. Plus, it enhances our immunity system. Intake of whole foods with minimum or no processing is the finest for one's health.

In short, we must recognize that though junk food may seem more tempting and appealing, it comes with a great cost. A cost which is very hard to pay. Therefore, we all must have healthy foods and strive for a longer and healthier life.

The food you eat every day can make a difference in your health. Diet affects your risk of getting some cancers, heart disease or type 2 diabetes. Diet also affects the risk of low bone density and loss of muscle strength with aging.

But a healthy diet can include a huge range of foods. How do you choose?

Some of the best foods for health combine nutrients, such as vitamins, minerals, fats and protein. If those foods also have limited amounts of added sugar, fat or salt added to them, they are called nutrient-dense foods.

Foods that are a source of fiber, vitamins and minerals and that are high in plant chemicals called phytonutrients are a bonus. Eating nutrient-dense foods regularly, over time, is linked to a lower risk of some chronic diseases.

#### **USED LITERATURE:**

1. Lean, Michael E.J. (2015). "Principles of Human Nutrition". Medicine 43 (2).
2. World Health Organization, Food and Agricultural Organization of the United Nations. [Vitamin and mineral requirements in human nutrition](#), 2., Geneva: World Health Organization, 2004
3. Melina, Vesanto; Craig, Winston; Levin, Susan (December 2016). "[Position of the Academy of Nutrition and Dietetics: Vegetarian Diets](#)". Journal of the Academy of Nutrition and Dietetics 116 (12):
4. [„Diabetes Diet, Eating, & Physical Activity - NIDDK“](#) (en-US). National Institute of Diabetes and Digestive and Kidney Diseases.
5. Evert, Alison B.; Dennison, Michelle; Gardner, Christopher D. et al. (May 2019). "[Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report](#)". Diabetes Care 42 (5)
6. <https://www.who.int/initiatives/behealthy/>
7. <https://www.ucsfhealth.org/education/>

