



# Positive Impacts of Healthy Food

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## Abstract

Healthy food is about feeling great, having more energy, improving our health, and boosting our mood. The truth is that while some specific foods or nutrients have been shown to have a beneficial effect on mood, it's our overall dietary pattern that is most important. Eating food that is as close as possible to the way nature made it can make a huge difference to the way we think, feel and look. The aim of this paper is to keep away long-term illness through healthy food and save money too. By balancing the right amount of exercise and the right diet can increase the quality of life.

**Key Words:** Diet, Health, Energy, Nutrients and Exercise

## Introduction

Without healthy food our bodies do not develop properly. We need healthy food to keep ourselves fit. Healthy food refers to food that contains the right amount of nutrients to keep our body healthy and fit. Fruits and vegetables are important for a healthy diet and variety is as important as quantity. When we intake healthy fruits and vegetables that are rich in nutrients reduce the chance of diseases. It is essential to consume a variety of foods that provide essential proteins, vitamins, minerals, healthy fats and calories. These nutrients work synergistically to maintain and improve overall health, boost immunity, reduce stress levels and prevent chronic diseases. The aim of this paper is to keep away long-term illness through healthy food and save money too.

Healthy food is about feeling great, having more energy, improving our health, and boosting our mood. The truth is that while some specific foods or nutrients have been shown to have a beneficial effect on mood, it's our overall dietary pattern that is most important. Eating food that is as close as possible to the way nature made it can make a huge difference to the way we think, feel and look.

**Aim of the Study** To keep away long-term illness through healthy food and save money.

**Methodology** The study is based on secondary data which has been collected from websites. By balancing the right amount of exercise and the right diet can increase the quality of life. The running theme throughout the list of healthy foods to add to eat every day is that all of these foods are formed plants. Plants are rich in vitamins, fibres, minerals and phytonutrients. Some healthy foods we should include in our daily routine –

1. **Broccoli:** Rich in nutrients including glycosylates, which are the key of detoxification processes.
2. **Beets:** They contain a wonderful variety of protective carotenoids and also rich in folates (vitamin B9) which helps cells to grow and function.
3. **Spinach:** these are packed with lutein and zeaxanthin that can help protect against macular degeneration.
4. **Cabbage:** Especially red cabbage, seems to raise levels of beta-carotene, lutein and other heart protective antioxidants. It helps lower something called “oxidised” LDL, which is linked to hardening of arteries.
5. **Kale:** Green leafy veggie that is chopped in salad. It has lots of antioxidants and can help lower cholesterol.
6. **Quinoa:** It is a good source of protein and fibre and has been linked to a variety of health benefits, including improved blood sugar management and heart health.
7. **Mango:** They are low calorie, high in fibre, antioxidants, vitamins A and C.
8. **Bananas:** Full of potassium and magnesium. It can help replenish these minerals while providing natural sugars to fuel our workout.
9. **Grapes:** A good source of potassium, a mineral that helps balanced fluids in our body. Potassium can help bring down high blood pressure and lower our risk of heart disease and stroke.
10. **Blueberries:** Rich in fibre and antioxidants. It may be anti-cancer activity, blood sugar lowering effect and body weight maintaining ability.
11. **Nuts:** A great source of heart-healthy fats and also provide protein and essential nutrients.
12. **Chia seeds:** It covers almost a third of fiber needs for the day, but it is rich in antioxidants that can have protective effects against chronic disease. Fiber is important for maintaining gut health, stabilising blood sugar and lowering cholesterol.

Eating a well-balanced diet can help us get the calories and nutrients we need to fuel our daily activities, including regular exercise. We have to learn about the importance of healthy breakfasts, workout snacks and meal plans. The key is learning to our body and balancing what feels right with what’s good for us.

**Conclusion** It is essential to recognize that the greatest wealth lies within our own health. 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. Let us prioritise our health and embrace the gift of good health as nature’s most valuable treasure. Therefore, we all must have healthy foods and strive for a longer and healthier life.

## References

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