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# HEALTHY EATING

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-EAT RIGHT, BE BRIGHT-

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## Chapter 1:

# What is the Point in Healthy Eating?

## Chapter 1: What is the Point in Healthy Eating?

A lot of people have the mentality that you only live once, so you should do whatever it is that you want to do and when you want to do it. Most don't realize how difficult it is to pick up the slack later on in life when you have been abusive to your body by neglecting your nutritional needs.

That may seem like a harsh phrasing, but that is the unfortunate fact of the matter. If you are not eating healthy foods, you're physically depriving yourself of the nutrition that you need in order to grow and function at your highest possible potential. Americans are under nourished, despite the fact that food is readily available to most people.

And the reason that happens is because Americans tend to eat processed foods rather than whole foods. Whether this is because of addiction or because of convenience or because of poverty, the fact remains the same. Processed foods are unhealthy, and when eaten in large doses on a daily basis, they contribute to weight gain and other serious complications with your health later in life.

Processed foods are exceptionally bad for you because they are high in fat and sugar and salt content, and when you eat them, they lack fiber. That means that you can eat more of them without feeling full, and when you do feel full, by then