

# Changing The Way You Eat Can Change The Quality Of Your Life

A healthy diet may seem too difficult but there are so many benefits to improving your diet that it makes sense to at least try to eat better. The biggest obstacle most people face in improving their diet is struggling with the idea of a complete overhaul and giving up all the food they love to eat. After all, eating is not just for sustenance but for pleasure as well.

If you want to change your eating habits, it is important to take one step at a time to be successful. You need to let your mind and body adjust to the new diet regimen. If you try too many changes at once, you are only setting yourself up for failure, because too much too soon only causes overwhelming urges and often feelings of deprivation.

If you learn to add or integrate a better quality of food into your diet you will find that your eating habits will be changed easier. Including different varieties of vegetables and fruits into your diet will increase the amount of nutrients necessary for your body to stay healthy and strong.

Whether you are adding fruits and vegetables, whole grains, organic products or even just cutting back on the processed sugar, these small changes can make a big difference in not only the way you look and feel but in your life expectancy as well. So add an extra salad a day or drink a glass of orange juice in the morning and one before bed. Start small and then use these healthy building blocks to build a foundation for a healthier you.

## COMPREHENSION CHECK:

1. What is the biggest obstacle that people face in improving their diet?
2. Why should you not make too many changes at once in your diet?

## LET'S TALK!

1. What can you say about your eating habits now?
2. How does the way you eat now affect your health and quality of life?
3. Do you agree that changing the way you eat can change the quality of your life?
4. What are the factors that influence your food choices?
5. Have you ever had an eating disorder? Do you know anyone with an eating disorder?

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You can see whole the article from your teacher.

Please ask them to send it to you before the class.