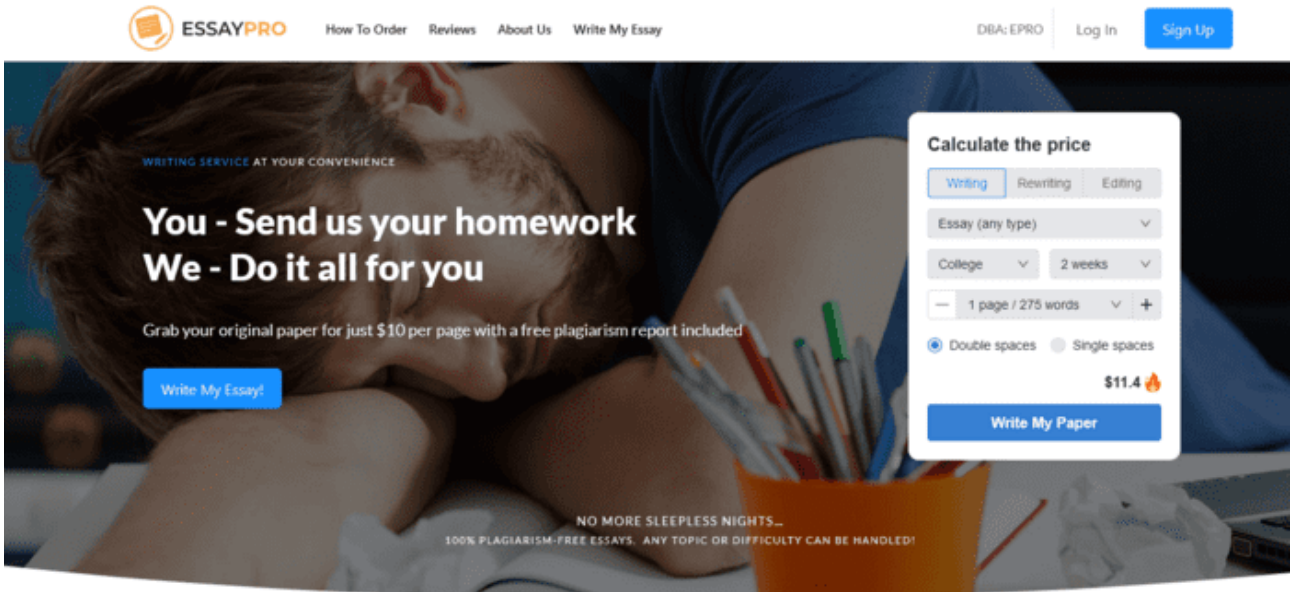


Diet and Nutrition Essay



The banner features a background image of a student sleeping at a desk with a pen holder. The text reads: 'You - Send us your homework We - Do it all for you'. Below this, it says 'Grab your original paper for just \$10 per page with a free plagiarism report included'. A 'Write My Essay!' button is present. A 'Calculate the price' widget shows options for 'Writing', 'Rewriting', and 'Editing', with 'Writing' selected. It also shows 'Essay (any type)', 'College', '2 weeks', '1 page / 275 words', 'Double spaces' (selected), and a price of '\$11.4'. A 'Write My Paper' button is at the bottom of the widget. At the bottom of the banner, it says 'NO MORE SLEEPLESS NIGHTS... 100% PLAGIARISM-FREE ESSAYS. ANY TOPIC OR DIFFICULTY CAN BE HANDLED!'.

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A person eats to gain energy from food that allows our body to perform various functions that allows us to survive. The food that people take in will go through their digestive system that then allows them to harness the energy within food. That energy that is taken from the food is then sent, via the bloodstream, to all of the living cells. These cells then use this energy to perform their daily functions and tasks. We also eat food to help rebuild and repair damaged and old cells.

Diets are particular foods that are eaten by a particular person or group. There are many types of diets that can either differ in small ways or big ways. Different diets can also be healthy or unhealthy for you. An example of an unhealthy diet is one that either includes too much of one food group, it can be any food group. A healthful diet is a diet that has the correct balance of foods and supplies a person with all of the needed nutrients for his body to flourish.

[Nutrition](#) is the process of providing or obtaining the food necessary for health and growth. Proper nutrition requires the correct balance of all the different food groups. Too much of a good thing can easily turn into a bad thing. Having good nutrition is all about balance in your diet and eating the right foods. All of the food you eat gives you nutrients that are essential to survival, and having a good amount of those nutrients is having good nutrition. A lifestyle disease, is a disease that is caused by a persons' lifestyle; a disease that

potentially can be prevented by changes in diet, environment, and lifestyle, such as heart disease, stroke, obesity, and osteoporosis. Lifestyle diseases can be influenced by many things, even things that a person can't control, such...

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