

**A balanced diet, or eating balanced meals, is the key to a healthy life. To what extent do you agree or disagree with this statement?**

There are too many factors which can contribute ~~us~~ to us ~~having~~ a healthy life. One of these elements concerns a balanced diet or eating balanced meals. This essay investigates effective terms as key factors ~~to in~~ a healthy life.

In my estimation, eating healthy foods like steamed vegetables prolongs the life span of our organs. Although vegetarians are exposed to better health conditions in comparison with those whom ~~they~~ eat meat every day, scientists suggest eating meat at least three times a week as our body needs all the main factors of foods to strengthen itself and tackle diseases which appear through lack of necessary materials.

One of the most prominent issues that increases health problems is stress. If people knew how to cope with their stresses, they it would not lead to them developing chronic diseases such as blood pressure, ~~diabetic diabetes~~ and cholesterol. Statistics reveal that most of these troubles stems from neurological disorders. The art of controlling arduous circumstances assists our body into ~~secret~~ inge chemical substances which improve our healthfulness. In addition, living in the fast-paced world leads us through eating fast food and our eating culture modified to use ready and fast-made foods. It is obvious that fast food is not nutritious enough and it does not contain vitamins and proteins which are vital elements for our body. These kinds of foods just have carbohydrates and fats that increase obesity and heart attacks as fatal illnesses of modern societies.

To sum up, a balanced diet contains all types of essential components for our physical structure. Not only does eating healthy food bring stamina to our life, but also it makes us feel better and ends up in to ~~experiencing~~ euphoria in our life.