

## **Having a balanced diet and eating balanced meals is the key to a healthy life.**

### **To what extent do you agree or disagree?**

Although eating well that includes all types of food that people need is important, there are other factors that have a major effect on a healthy life. Exercising and dealing with stress could well be as important as diet. Furthermore, sticking to a healthy diet is more challenging these days.

Having a balanced meal certainly has a beneficial effect on human health and overall well-being. Many disorders are directly associated with bad eating habits. Consuming a balanced diet, consisting of all major nutrition groups, which are proteins, carbohydrates, essential fats, vitamins and minerals can help us to achieve optimal health throughout life. We need vast majority-variety of different foods to provide the right amount of nutrition for our body. Moreover, many researches conducted by nutritionists indicate that some health-related conditions are directly related to our diet.

However, there is more than just a good diet to a healthy life. Many people suffer from various illnesses even though they are eating healthy food. Moreover, there are other factors which play a major role in healthy life like daily exercise and lack of stress. Doing physical activities can reduce the possibilities of contracting a disease. In addition, recent studies ~~which have been~~ carried out by scientists have demonstrated that the chronic stress does increase the risk of developing health problems, such as high blood pressure, heart disease and diabetes.

In conclusion, although being on a balanced diet is important for general health, other elements like regular workout and stress-free lifestyle is-are as important.