

Dieting can change a person's life for the better or ruin one's health completely. What is your opinion? Give reasons for your answer and include examples from your experience.

Going on a diet to decrease, maintain or increase body weight or to prevent and treat diseases seems mandatory for most individuals living in metropolitan areas. While there are certainly valid arguments to the contrary on following diets, I hold the idea that most people in this day and age ought to live on a healthy regimen or life-threatening illnesses will be waiting them.

Owing to our sedentary lifestyle leading to limited physical activities most people are highly recommended ~~to that they~~ have a balance diet to avoid obesity, hypertension and heart-related problems. Many young people especially teenage girls refusing to have food for many days to maintain their physical attraction. Suffering from lack of a variety of minerals especially at old ages, many vegetarians have no choice but to consume chemical vitamin pills.

On the contrary, many scientifically proven diets have myriad benefits, and there are many records showing they could save the lives of people from all walks of life. My grandpa is a typical example who cut consumption of red meat after he had a heart attack when he was only 55 years old. He is currently living without any major health problem only because of eating on a regulated healthy fashion without it he could have lost his life. Only if a specialist recommend a regime, can we expect desirable results.

To cut a long story short, I believe not only does following a healthy diet improves quality of life, but it also can prevent the dieter from many serious illnesses, and of course the other side of the coin indicates that restricted diets can have adverse impacts. That nowadays people must lead a healthy lifestyle is an undeniable fact.