

Topic: A balanced diet, or eating balanced meals, is the key to a healthy life. To what extent do you agree or disagree.

It is indisputable that having a balanced diet contributes to having a healthy body. As far as surveys demonstrate, there are various factors which impact our health condition. In my opinion, the prominent criterion which dominates ~~are~~ the function of our body is our mental health. Nevertheless, the vital role of a healthy diet for maintaining healthy is undeniable.

Nutritionists maintain that by a diet of a moderate amount of all the required nutrients including vitamins, proteins and mineral ingredients and small amounts of fat, sugar and salt which accompanied by regular exercise our health condition would be promoted. In other words, the combination of both exercise and diet would determine our health condition. Not only does exercise help burning excessive body fat, but also it improves cardiovascular functionality.

Moreover, there are some external issues which have noticeable effect on our body function. For instance, an environment with a beautiful unique landscape would inspire us to have less stress and become less aggressive that is the main reason behind/of most cancers.

To sum up, although a reasonable diet with a sufficient amount of all our necessities/requirements is a golden key to a healthy life, there are other criteria which their/whose importance could not be neglected.