

Diet





About diets

- ***I would like to tell about diets. Some people say that diets are very useful for health. Others claim that diets are harmful. I support the latter point of view, and I will try to prove it to you.***

- ***Firstly, diets help people to lose weight and keep a good shape. Overweight is bad health; it impairs the performance of the heart and blood vessels. It is heavy for people to move, they try to minimize their physical stress, and the problems with limbs may appear.***





- *Secondly, there are special sports diets. They help athletes to maintain and develop their muscle mass, which, in its turn, will help them to set new personal bests. This is such a diet as protein and carbohydrate.*



- *Thirdly, people with diseases such as diabetes need to stick to a diet. They should not have products with high sugar content.*

- *But there is another point of view. Some people mention such diseases as anorexia and bulimia, from which many people in the world suffer now.*





- ***As for me, I have not a healthy lifestyle. Sometimes, I allow myself to eat fast food, of course it is bad, but sometimes you can.***

- *All in all, I think, that diets may be good for people but sometimes may harm people's health.*

