Diet

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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.



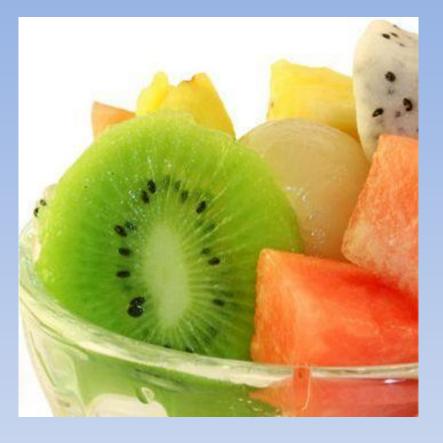


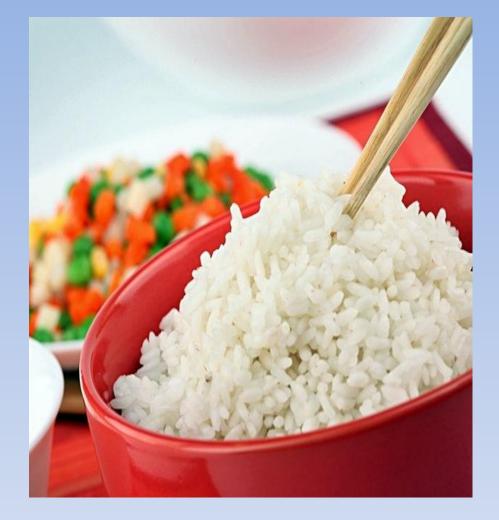
• Secondly, there are special sports diets. They help athletes to maintain and develop their muscle mass, which, in its turn, will help them to set new personal bests. This is such a diet as protein and carbohydrate.



• 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

