For humans to survive, we occasionally require oxygen, warmth, water, and food to eat. However, we also require having these requirements as healthy for our body. When it comes to healthy or "good" food in general, everyone has a different opinion and/or reflection. Articles found online may not be specific enough or too convoluted. However, eating gives everyone nourishment, and having the proper balance of foods is what creates the variety of answers when it comes to healthy food. Once the proper diet is established, your lifestyle will maintain a positive consistency. Wholesome eating creates a wholesome lifestyle because it benefits the well-being, nutrition and immune systems of people.

To commence, eating wholesomely provides basic requirements to life, mentally and physically. Maintaining a healthy balance between meals provide simple benefits that help you prepare for life, outside from providing energy. According to Unity Point, " Two-thirds of people who eat fresh fruit and vegetables daily report no mental health issues, as reported by the Mental Health Foundation. Compare this to those who do have some level of mental health problems and have generally reported eating less healthy foods and more unhealthy foods. Feelings of well-being can be protected by ensuring that our diet is full of essential fats, complex carbohydrates, vitamins and minerals." With a nourishing diet, you do not need to worry or stress about your body's condition (unless you do not exercise frequently). Unity Point also claims, "Diets low in carbohydrates increase feelings of tension whereas diets high in carbohydrates have a more uplifting effect on mood. A diet rich in protein, moderate in carbohydrates and low in fat will have a positive effect on mood because it leaves an adequate supply of iron, omega-3 fatty acids and iron. As much as food affects our mood, mood affects our food choices." In brief words, people who are happier tend to eat healthier, whereas people to are more upset will unconsciously eat unhealthy. Therefore, eating wholesomely creates a wholesome lifestyle because it mentally and physically prepares your mind and body with a positive attitude.

In addition, eating wholesome foods significantly benefits your nutrition and boosts the immune system, thereby lowering risk of illness. Most of the fruits

and vegetables we consume daily provide us with vitamins, fiber, and potassium. The minerals provided within these healthy foods prepare us for life The World Health Organization states how eating healthier, " protects you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for healthy diet." The decreased risk and stronger immunity towards diseases and obesity allows for more longevity in life. Unity Point states a similar reason, saying "Our immune system is our defense against disease, but poor nutrition is the most common cause of immunodeficiencies worldwide. Maintaining your immune system requires an intake of proper vitamins and minerals. Eating a well-balanced diet, including fruits, vegetables and food low in fats, will help support a healthy immune system." It's not that our bodies want the contents from fruits and vegetables, we need them for our inner systems to function. Thus, eating wholesome foods benefits your nutrition and immune system.

Someone may argue that eating healthy breaks the interest for sugary food, which may not appeal to the children's mood. However, this is not true, as they don't have to always eat one side over the other. The article "Why Eat Healthy?" from Sutter Health brings a perfect compromise to those that still desire to consume sweets, stating, "You don't have to give up cake, ice cream or pizza – just remember to not eat these often. Have milk or water instead of soda. Instead of cookies after school, have fruit, veggies, popcorn (low fat – don't use too much butter) or pretzels…. Remember to eat a balanced, varied diet and eat sweets and foods that are high in fat or calories only in moderation." As long as the perfect balance is struck, you can still live a healthy lifestyle while eating the desserts that you enjoy once in a while. Therefore, eating Wholesome foods leads to a Wholesome living.

To summarize, eating wholesome foods allows for a healthy lifestyle because it prepares your well-being and benefits your nutrition and immune system. We need the vitamins and minerals from fruits, vegetables, grain, nuts, etc. These

foods are crucial to our body's systems and survival. It's often rare to see people eating the recommended amount of foods in their lifestyle. Therefore, it's important to carry out the proper balance required to live healthy. With the recent global pandemic and quarantine, health and nutrition has increased in significance, which is where wholesome eating comes into play. In today's generation, healthy lives are needed more than ever, which is why people need to eat wholesomely.