

## Benefit of Healthy Lifestyle on Diet

NurFaridah Athira Nasaruddin

Faculty of Information Management,  
Universiti Teknologi MARA, Malaysia

Received: 21 May 2019 • Accepted: 1 October 2019

**Abstract.** The aim of this research is to identify the benefit of healthy lifestyle on diet. This paper suggests certain thing of healthy lifestyle on diet such as weight loss, boost energy and live longer. This paper is also showed that some author talked about the same thing which is, there are a lot of benefit healthy lifestyle on diet

**Keywords:** Healthy food, diet, food, healthy, cancer, healthy lifestyle.

### Introduction

In this era, we need to improve our understanding about diet or about healthy lifestyle because it really important to our daily life. A healthy diet is includes a diversity of fruits and vegetables of many colors, the whole nutrient and thickeners, good fats and slender proteins. People who eat fruit and vegetables as part of their daily diet have a reduced risk of many chronic disease and we can use fruit, vegetables, lean protein and whole gains to replace high-fat, high-calories foods. Staying within your required calorie range is vital for achieving and maintaining a healthy weight. The fiber in whole grains, fruits and vegetables help fill you up faster and keep full longer than foods that are loaded with sugar. The longer you are satiated, the less you are to exceed your ideal calorie range. Healthfully also means avoid to eat food with high amounts of high salt and sugar. There are have 3 benefit of healthy lifestyle on diet which is weight loss, boost energy and get live longer.

### Literature Review

This research is expected to explore the benefit of healthy lifestyle on diet. For the benefit on diet is weight loss, boost energy and live longer.

#### *Weight Loss.*

According to Cifu & Arem (2018). Breast cancer is common cancer for women. Many causes with an increased risk of risk breast cancer such as not taken any healthy food. Breast cancer would lose your weight but if we living in healthy lifestyle by consume healthy food, we would maintain our weight. As we know, healthy lifestyles

such as dietary modifications, regular physical activity and gradual weight loss have a significant impact on the population health and also remain the basis of treatment for most disease include the non-alcoholic fatty live disease (NAFLD), (Ahmed et al, 2019 ; Dong et al.,2016). Next, activity or exercise that can reduce obesity problem people nowadays such as do exercise at gymnasium by two hour per week. We can also do indoor or outdoor activity to reduce obesity problem and it will make our weight loss and get a good healthy lifestyle (Morano et.al, 2016).

*Boost Energy*

Based on previous research, several researchers addressed the benefit of healthy lifestyle on diet in boost energy perspective. According to Barauskaite et al , (2018) ; Diplock et al. (1999) stated that functional food which is healthy food can give good effects on body and will help to improve a state of healthy or reduce the disease for example take yogurt to boost energy. As parents, they need to conduct their children to eat something that can boost their energy which is by meal patterns, healthy eating and meal planning (Brustad 1996). According to Rizk & Treat (2015) cited that three bivariate interactions emerged be which is fiber and sugar, fat and protein and fiber and protein that really important to our body to boost energy.

*Live Longer*

Disease will make your life more difficult or you would suffer in long-term if you not take a serious about diet which is healthy food. We need to eat or do some exercise to get live longer. According to Spector (2018) cited that all cancer survivors will find information and solution to improve their long-term physical & emotional health to get live longer. Six health promoting lifestyle in order to get live longer such as spiritual growth, interpersonal relationship, nutrition’s, physical activity, health responsibility and stress management (Kurnat-Thoma et.al, 2017). As for concern, parents need to encouraged their children’s by monitor all activity and need to support their children program that related with physical activity because it really important for them to know their level of health. Their children can do a lot of activity such as walking, jogging and eating healthy food as for them to get their body in good condition. Dietary Approaches to Stop Hypertension (DASH) which rich with fruits, vegetables and all benefits in healthy food can be reasoned that we can live longer (Jung et al., 2018).

Table 1. Analysis of Review

| Authors                     | Weight loss | Boost energy | Live longer |
|-----------------------------|-------------|--------------|-------------|
| Denise Spector (2017)       | ✓           |              | ✓           |
| F.U.C.E. Jung et al. (2018) |             | ✓            | ✓           |

|                                     |   |   |   |
|-------------------------------------|---|---|---|
| Dovile Barauskaite et a., (2018)    | ✓ | ✓ |   |
| D.S. Wikof et al., (2018)           |   | ✓ |   |
| Tatiana Basáñez et al., (2018)      |   |   | ✓ |
| Rachel Pechey et al., (2019)        | ✓ | ✓ | ✓ |
| Douglas E. Levy et al., (2018)      |   | ✓ | ✓ |
| Gabriella Cifu & Hannah Arem (2018) |   | ✓ | ✓ |
| Emma Kurnat-Thoma et al., (2017)    |   |   | ✓ |

## Conclusion

In conclusion, healthy lifestyle can do by any program of school, activities by outdoor or indoor. This activities will improves their health (Gomez, 2016). According to ByrdBredbenner (2018), he says that parents need to improve their physical activity level for their children and encourage their children to do a lot of exercise to get high self-confident and it also to get good healthy lifestyles.

## References

- Ahmed, I. A., Mikail, M. A., Mustafa, M. R., Ibrahim, M., & Othman, R. (2019). Lifestyle interventions for non-alcoholic fatty liver disease. *Saudi Journal of Biological Sciences*, (xxxx). <https://doi.org/10.1016/j.sjbs.2018.12.016>
- Barauskaite, D., Gineikiene, J., Fennis, B. M., Auruskeviciene, V., Yamaguchi, M., & Kondo, N. (2018). Eating healthy to impress: How conspicuous consumption, perceived self-control motivation, and descriptive normative influence determine functional food choices. *Appetite*, 131(August), 59–67. <https://doi.org/10.1016/j.appet.2018.08.015>
- Byrd-Bredbenner, C., Martin-Biggers, J., Pavis, G. A., Worobey, J., Hongu, N., & Quick, V. (2018). Promoting healthy home environments and lifestyles in families with preschool children: HomeStyles, a randomized controlled trial. *Contemporary Clinical Trials*, 64(May 2017), 139–151. <https://doi.org/10.1016/j.cct.2017.10.012>

- Cifu, G., & Arem, H. (2018). Adherence to lifestyle-related cancer prevention guidelines and breast cancer incidence and mortality. *Annals of Epidemiology*, 28(11), 767773.e1. <https://doi.org/10.1016/j.annepidem.2018.09.002>
- Diplock, A. T., Aggett, P. J., Ashwell, M., Bornet, F., Fern, E. B., & Roberfroid, M. (1999). Scientific concepts of functional foods in Europe: Consensus document. *British Journal of Nutrition*, 81(4), 1–27
- González, C. S., Gómez, N., Navarro, V., Cairós, M., Quirce, C., Toledo, P., & MarreroGordillo, N. (2016). Learning healthy lifestyles through active videogames, motor games and the gamification of educational activities. *Computers in Human Behavior*, 55, 529–551. <https://doi.org/10.1016/j.chb.2015.08.052>
- Jung, F. U. C. E., Luck-Sikorski, C., Krüger, M., Wiacek, C., Braun, P. G., Engeli, S., & Riedel-Heller, S. G. (2018). Eat healthy? Attitudes of the German population towards industrially produced cardioprotective food. *Nutrition, Metabolism and Cardiovascular Diseases*, 28(5), 486–493. <https://doi.org/10.1016/j.numecd.2018.01.002>
- Kurnat-Thoma, E., El-Banna, M., Oakcrum, M., & Tyroler, J. (2017). Nurses' health promoting lifestyle behaviors in a community hospital. *Applied Nursing Research*, 35, 77–81. <https://doi.org/10.1016/j.apnr.2017.02.012>
- Levy, D. E., Gelsomin, E. D., Rimm, E. B., Pachucki, M., Sanford, J., Anderson, E., ... Thorn-dike, A. N. (2018). Design of ChooseWell 365: Randomized controlled trial of an automated, personalized worksite intervention to promote healthy food choices and prevent weight gain. *Contemporary Clinical Trials*, 75(July), 78–86. <https://doi.org/10.1016/j.cct.2018.11.004>
- Morano, M., Rutigliano, I., Rago, A., Pettoello-Mantovani, M., & Campanozzi, A. (2016). A multicomponent, school-initiated obesity intervention to promote healthy lifestyles in children. *Nutrition*, 32(10), 1075–1080. <https://doi.org/10.1016/j.nut.2016.03.007>
- Rizk, M. T., & Treat, T. A. (2015). Perceptions of food healthiness among free-living women. *Appetite*, 95, 390–398. <https://doi.org/10.1016/j.appet.2015.08.003>
- Spector, D. (2018). Optimizing Cancer Survivors' Health: The Role of Lifestyle Behaviors. *Journal for Nurse Practitioners*, 14(4), 323–329.e1. <https://doi.org/10.1016/j.nurpra.2017.12.007>
- Wikoff, D. S., C, T., J, R., G, C., S, F., & C, D. (2018). Benefit-risk analysis for foods (BRAFO): Evaluation of exposure to dietary nitrates. *Food and Chemical Toxicology*, 120(August), 709–723. <https://doi.org/10.1016/j.fct.2018.08.031>