

Better Brain Health

I realized that what you are eating affects your behavior. It is measured on the amount of healthful foods that you intake and on the amount of sugar and fat of the food. It is important to consume food rich in omega-3 or so called good fat. Omega-3 rich food can be found in oily fish such as salmon mackerel, tuna, herring and sardines. Also it is important to a pregnant woman to consume healthful food rather than snacks and processed foods. The effect of this is on the behaviour of the child, children whom their mother takes healthy foods show lovely behaviour rather than those children who their mother always eats snack and processed foods shows being more aggressive and angry.

It is important to balance your diet with the right amount of protein and sugar together with the omega-3 rich foods. Because the decisions you will make are based on what you have just eaten. Food helps you decide on the problems you faced daily. If you are going to take everyday the food which is processed probably you will choose decisions which are sometimes unfair on the other hand if you take foods which are rich in fibers, nutrients and omega-3 you'll probably choose the decision of which you are certain is fair enough.

But for my case I don't mind taking which food is right and what food is healthy to eat. Because I eat what is served on my plate. It is very impractical for me to choose which food to eat. The reason is I cannot afford to choose what to be served on my plate. Everyday is a survival, it is just a matter of eating or eating nothing at all. After watching the documentary, I realize that taking the right diet on your plate will be good if you can afford to buy them, if you can't then eat what's on your plate. So I will not change my diet, because I can't after all and I can't choose. Even though I surely can, I will not hinder myself from eating.

Maybe the small step that I will take is minimizing the amount of eating junk foods and processed food. By this at least I am putting my brain into the right functionality. All of us will grow old and the consequence in the long term effect is that these unhealthy foods will surely lessen the time of enjoying adulthood and sometimes it will take adulthood. And for the short term goal will give instant happiness. Eating processed foods together with your friends and colleagues in the processed food store will make your bond together become stronger. So we can't really choose which path to take, either path to unhealthy diet or healthy diet.

In summary, the right diet will determine how healthy you are. Incorporating omega-3 rich food will make your brain function well. On the other hand if you will incorporate more sugar, salty and processed foods into your plate you are likely experiencing aggression, anger and tantrums.