

Better Brain Health through Healthy Foods

Brain is the central controller of all activities that the human body does. Brain controls how we respond to a certain event, it is responsible for making decisions, and the brain holds our emotions as a human person. It is important that we always take care of our brain. One way of taking care of our brains is to have a healthy lifestyle and to have a healthy lifestyle means that we need to eat healthy foods.

Since humans existed in this world, foods provided an important role to them, which is to help them survive. Humans cannot live longer without eating foods. If humans evolve over time, foods also change, nowadays, we can already eat varieties of food from different places either healthy or unhealthy.

Foods are also important for our brains in order for us to act normally and decide in the right way. As I watched the documentary, I learned a lot and new things in relation to the effects of food on the brain. I learned that foods can also affect the human mind, especially their decisions and emotions. I also learned that sugar is more addictive than drugs. And I learned that there are a lot of researchers who studied the possible effects of food to the human brain that might lead to avoidance of criminality. The concept of food affects our decisions. The concept that for me is helpful in my everyday life, since I'm not picky is food. This concept helps me realize that I should eat a lot of healthy foods in order for me to think and decide well. In my case, I always take care of myself by eating healthy foods like fish, vegetables and fruits, I only eat junk foods if available. I also prevent myself from drinking a lot of soft drinks and eating a lot of sweets. Most of the time I only eat rice, vegetables, fruits and sometimes bread. But after watching the documentary, I discovered new ways that I can apply in my everyday life, for example, having a balanced diet, which means that each foods moderately, not too much and not too few. If you eat junk foods, make sure that you will drink a lot of water or eat healthy foods more than the junk foods that you ate. For me I will not change my diet, but instead improve it, since I already have a lifestyle where I almost never eat and drink unhealthy foods. Now, what I need is to take small steps in order to improve my lifestyle. I will make sure to balance the foods that I take. I will drink water more and in case if I eat junk foods, I will double the amount of healthy foods I will take.

Having a healthy brain helps people to decide properly, react normally and work efficiently. Since our brains are our equipment to deal with our daily challenges in life and it is also our weapon to survive. So, it is necessary that we take care of our brains. I also believed in the sayings that "we are what we eat", which means that our self is the reflection of the food that we eat everyday. If we eat a lot of unhealthy foods, our body and mind will also be unhealthy, especially our thinking, but if we eat healthy foods, our body and our mind will also be healthy.

In my case, this belief about the effects of foods on our brain, greatly affects my long-term and short-term goal because if I will not have a healthy brain, there is a possibility that it will affect my future decisions and emotions. Since in the Information and technology industry the brain is really useful, especially in analysing and solving different problems. In order to achieve my goals, I need to maintain having a healthy brain. In order to work efficiently and deal with the challenges gratefully, I need to maintain my healthy lifestyle by eating and drinking healthy foods, which are rich in goods, fats, vitamins and minerals. In this way I'm sure that I will live my life peacefully and achieve my goals successfully.