

Title: Why you should eat better food

Specific Purpose Statement: I will persuade the audience to eat clean foods and avoid food that could damage health.

Attention Grabber: It was two weeks before Christmas, and Chris had just been diagnosed with stage 3 colon cancer, which had spread to the lymph nodes. After surgery, Chris was told to undergo months of chemotherapy in hopes of saving his life. Instead of opting for treatment, Chris chose to drastically change the way he ate. Slowly but surely, Chris made progress towards recovery and eventually fully recovered and now has a family (Groskopp, 2014). That is just one story of many of how the way we eat can significantly affect us.

Audience Relevance or WIFM: Nutrition plays a crucial role in how healthy and metabolically efficient you are as an individual. There is a common saying that goes along with this: “You are what you eat.” This speech will inform you of the overwhelming benefits of eating cleaner, whole foods and hopefully convince you to incorporate more of those foods within your everyday eating.

Credibility: Over the years, I have progressively shown more and more discipline in my exercise and eating habits. I have such an interest in this topic that I have decided to major in exercise science. While exercise science does not mention anything about eating, nutrition directly affects exercise and everyday life, so I have been researching it for some time.

Thesis: It is better to eat whole foods over processed foods.

Preview of 3 Main Points: First, I will discuss the vast health benefits of eating cleaner. Next, I will review some risks associated with chronic consumption of processed foods and potential solutions. Lastly, I will counter a couple of reasons why many Americans choose not to eat clean.

Transition: To begin, what are some health benefits of eating clean?

I. Clean eating has a large number of proven health benefits.

A. For those of you interested in physical development, better nutrition can assist you in adequate muscle gains. According to Nunes et al of pubmed.ncbi.nlm.nih.gov, increased protein, a critical macronutrient, intake can significantly increase muscle-building capabilities. Simply having a more balanced diet that includes more meat will help physical progress.

B. There are many short and long-term benefits to eating healthy. A 2023 article by Metabolic Meals of mymetabolicmeals.com mentions several short-term benefits. After a month of clean eating, you should notice visual differences such as less fat. You should also notice a dramatic increase in energy and cognitive function. With less metabolic stress and inflammation, your body can use energy more freely and efficiently. According to Tremblay of livestrong.com, eating clean also lowers your risk of cardiovascular disease and cancer. This is due to the variety of essential nutrients you will receive in appropriate quantities that permit long-term health prosperity.

C. Nutrition also plays a role in mental function. In an article by Clay at apa.org, a group of individuals with ADHD underwent beneficial changes in their nutrition to see if it improved symptoms. The study found that most of the group's symptoms were reduced. This proves that along with short and long-term benefits, clean eating promotes elevated mental health as well.

Transition: Next, I will discuss some risks of eating a diet littered with processed foods, commonly seen in the standard American diet.

II.

A. A 2022 article by Tufts at nutritionletter.tufts.edu mentions that 71% of food found in grocery stores is ultra-processed. This shift in marketed foods in stores has led to detrimental health outcomes seen in the United States. Ultra-processed foods have been linked to many negative health outcomes like obesity, cardiovascular disease, diabetes, and some cancers. Those outcomes are responsible for 70% of deaths worldwide.

B. Obesity is a growing issue in the United States. According to NIDDK of www.niddk.nih.gov, 42% is the number of obese adults living in America. There are several risks associated with living with obesity. Some of those risks include metabolic stress, diabetes, cancer, depression, physical discomfort, etc. The list could go on and on. Processed foods are a major contributing factor to obesity, and nothing is being done about it.

C. What can be done about obesity in America? Even though information on these risks is widely available, processed foods are still heavily marketed and sold. The leaders of America need to fight negative health foods by incorporating some kind of slight limitation (not removal) of some goods while prioritizing the production of foods that positively impact well-being. There needs to be a push against companies putting ingredients in our food that negatively impact metabolic health because they make a greater profit. You can do your part in this by saving your money and buying natural foods that help you in the short and long term.

Transition: Finally, I will discuss some common oppositional statements and why they are not entirely true.

III. There are several misconceptions regarding the consumption of natural foods that many Americans still believe.

A. While natural foods do cost more than processed foods, the gap is not as high as one might think. According to Dwyer of hsph.harvard.edu, it costs roughly \$1.50 more to eat natural foods compared to processed. Over the course of a year, this total will gradually add up to \$547. Yes, there are a lot of things you can do with \$547, but this number is not nearly as bad as it seems when you look at reality. As previously mentioned, eating a diet high in processed foods increases the risk of multiple adverse health issues like diabetes, cancer, and cardiovascular disease. What is the average cost of treatment for those problems? Diabetes costs \$4,000 per year. Cancer reaches a staggering \$42,000 for its average. Heart

disease will cost over \$2,000. Replacing processed foods with natural foods greatly increases your chances of future success.

B. Americans also cite lack of time as a major barrier to eating healthy, but time is not lost with all the options available. Today, one can buy all their groceries online and have them picked up in minutes. When it comes to cooking, all that is needed is to make large portions each time you cook. This still does not answer the issue with time. According to Finkel of inc.com, 21.8 hours per week are wasted doing low-value tasks, useless tasks, or nothing. This study was done on business owners who have work weeks up to 72 hours. After the math, this study shows that these people waste a little more than 3 hours a day doing useless activities, which is more than enough time to make multiple nutritious meals that positively impact you.

Transition: In conclusion, America needs a federalized nutritional revolution in hopes of improving day-to-day life. Good nutrition holds immense value in how humans function and should be a foundational block in good health. There are many reasons why Americans do not eat healthily, but the benefits of doing so greatly outweigh the cons. Remove trash from the way you eat and you will flourish as an individual.

Review of 3 Main Points: I began by talking about the immense benefits of eating a whole-food diet. Next, I discussed the risks of eating highly processed foods and offered potential solutions to obesity in the United States. I then finished by providing examples of why Americans avoid natural foods and why those claims are not accurate.

Clincher or End with Style: Take a second to think about Chris. Why wait for a wake-up call in the form of a life-threatening health event when all it takes to reduce the chances of those events significantly is to eat better food? Thank you.

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