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| *Researching for 5 years involving 2500 people, a study published in the International Journal of Eating Disorders(IJED) indicated that the people who engaged in regular meal patterns and consumed a balanced diet were less likely to develop eating disorders*. Consuming nutrient-rich food calms chaotic eating impulses, fostering stability and nourishment. This counters disordered eating, breaking destructive patterns and offering predictability. *Healthy eating culture serves as the strongest weapon against eating disorders by promoting regular meal patterns, balanced nutrition and mindful eating practices* Regular meal patterns instill a daily rhythm, ensuring consistent nourishment.  Establishing regular meal patterns, including breakfast, lunch, and dinner, is vital for healthy eating habits. Consistent meal times stabilize energy levels, enhance metabolism, and prevent overeating. Research from Harvard's T.H. Chan School of Public Health shows that those with regular meals, especially breakfast, have a lower risk of binge-eating and anorexia. This routine fosters physical and emotional well-being, encouraging lifelong commitment to nutritious choices.  In the battle against eating disorders, balanced nutrition along with consistent meal routine emerges as a crucial ally, providing the essential fuel for healing and restoration. A study in the ***"Journal of the American Dietetic Association” (JADA)*** found that individuals with bulimia nervosa who followed diet which rich in fruits, vegetables, and whole grains, experienced a reduction in binge eating and purging behaviors. Proteins, vitamins, lipids the building blocks of life, diligently repair and strengthen tissues, while complex carbohydrates provide a steady stream of energy, dispelling the fatigue and lethargy that often accompany disordered eating. As we nourish our bodies with balanced nutrition, we cultivate the awareness necessary for mindful eating habits, creating a holistic approach to a healthy relationship with food.  Mindful eating cultivates a healthier relationship with food and prevents the development of eating disorders. They reduce the risk of overeating, impulsive consumption, overindulging and maintain a balanced approach to eating. Be mindful of portion sizes. Avoid oversized portions, and consider using smaller plates to help control serving sizes. **A research study was done by** National center of biotechnology information (NCBI), Maryland having title "Mindfulness and Eating Disorders: Examining a Potential Intervention for Anorexia Nervosa" (2010). This study suggested that mindfulness training could help individuals with anorexia nervosa develop a more positive relationship with food and their bodies. By embracing mindful eating, we transform meals from a mindless routine into a nourishing experience, fostering a harmonious relationship with food and our bodies."  In conclusion, establishing regular meal patterns, embracing balanced nutrition, and practicing mindful eating are essential pillars for preventing eating disorders and cultivating a healthier relationship with food. By incorporating these strategies, individuals can empower themselves to make informed choices, nourish their bodies with essential nutrients, and foster a positive and sustainable approach to eating. Remember, it's not just about what you eat, but how you eat. | The introductory paragraph of the expository essay includes a study by IJED about the main topic to get reader’s attention.  The second statement further explains that how you can avoid eating disorders It is also a lead-in statement which leads up to the thesis statement.  The thesis statement presents the topic to the reader and provides a mini-outline. The topic is about developing healthy eating habits.  This statement further tells the reader about the 3 main ideas.  1. Promoting Regular Meal Patterns  2. Balanced Nutrition  3. Mindful Eating Practices  This statement hooks into the next paragraph.  The first sentence of the second paragraph is the topic sentence and uses words like “regular” which are used to hook into end of introductory paragraph. The first part of the second sentence provides the topic for this paragraph. Then a research from HARVARD T.H. school is presented and briefly discussed. The last sentence of this paragraph uses the expression “nutritious choices” which is leading into the third paragraph.  The first sentence of 3rd paragraph contains word like “consistent meal routine” which hooks back into previous paragraph.  Then a study of American dietetic association is briefly discussed and provided as a supporting detail for the main idea given in the paragraph.  The next sentence further adds to the topic of the paragraph and gives the benefits of nutritious diets having balanced nutrition.  The last sentence of the paragraph uses the expression “mindful eating habits” and words like “mindful” which acts like a transitional hook into the next paragraph.    First sentence of fourth paragraph uses word like “relationship with food” which hooks back into the previous paragraph. It is also the topic sentence. The second sentence elaborates the main idea of the paragraph. Then some tips are shared for the readers.    A report of NCBI is discussed briefly here which deals with anorexia nervosa. It elaborates that mindfulness training can lead to a positive relationship with food.  Last statement concludes our body paragraph.  In conclusion, we've explored important strategies for maintaining a healthy relationship with food and preventing eating disorder. In first Sentence of this paragraph we conclude all three of our main ideas which we described in the three paragraphs. In the second last sentence we add to the conclusion.  The last statement encourages the readers to be conscious of their eating behaviors, promoting a holistic approach to a healthy lifestyle. |