**Retaliation between food and heart disease**

The heart is most important part of human beings and everybody knows about it but most of them don’t care about it that much. Health of the heart is depends on how you eat and how you live. People think that, food is really important to refill their lack of energy. It’s true in some way but there are many types of food. Some of them will heal you and rest of them will kill you! Definitely, fatty acids will kill you but there are two types of fatty acids. Firsts one is vegetable fat and actually it’s not too bad for your health if you can take a balance. Second one is animal fat which will take you horrible result. In this essay I introduce about relationship between food and heart disease.

Health is wealth! To keep yourself healthy is the key part of your whole life. If you have lost your health, it means you have already lost yourself. To not get into that kind of situation, and to keep yourself on the right circumstance of life you need to know about benefits of food and damages of the food. There no charmed food that reduces the danger of heart disease. You need to eat healthy and do exercise constantly. Salty diets are the key factor of the blood pressure and this will bring you a heart disease or heart attack. There are many researches that relates to plant foods are good for heart. It’s including fruit, vegetables and vegetables oils. Fruits contain antioxidants that are the core defense against the heart disease. Also, tea contains antioxidants and this is helpful for blood pressure and increases blood flow.

“According to the [American Heart Association](https://healthmetrics.heart.org/wp-content/uploads/2017/06/Heart-Disease-and-Stroke-Statistics-2017-ucm_491265.pdf), heart disease accounts for one in three deaths in the U.S.—claiming nearly one life every 40 seconds in 2017.” [1] Fatty foods and sugary drinks are most dangerous diet and there is tons of food that are normally extremely unhealthy. If you want be healthy, lose weight and avoid heart disease, you must not eat that kind of foods. It’s including sugary drinks, white floor, French fires and potato chips etc... Sugary drinks are the worst choice for you because it’s the biggest factor of fat and using them in large amounts can be the result of fat gain. Flour made things is basically made from wheat and that contains large amounts of protein gluten. Potato chips have too much calories and sodium and sodium can be result of high blood pressure. To conclude, eating too much unhealthy food can increase your intake calories and impact to your health badly.

Of course, everybody has to take enough calories that their body need but more than enough is could be a problem. Also, people must have ability to know what to eat. You are what you eat and your body is not a trash! Your health is directly connects with what you eat so keep yourself healthy by having proper diets.

[1] https://www.eatthis.com/heart-disease-foods/