

## Emphasizing that Healthy Eating is not Necessarily Expensive

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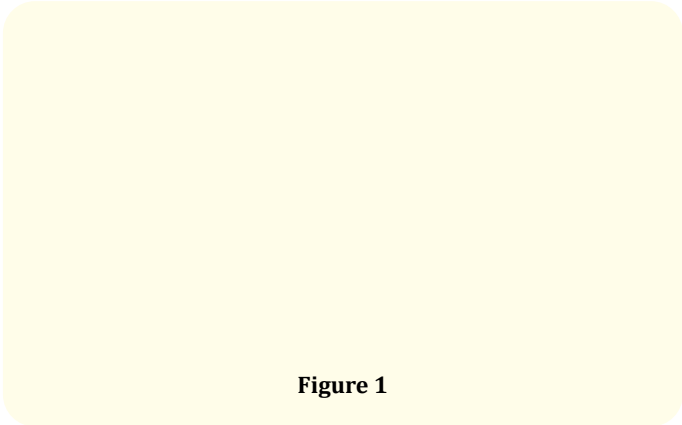
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We all desire to live long and disease free life while on contrary eating healthy is still a mirage to most of us. Living and eating healthy is the best life style we can choose. Take a look at your neighborhood what foods are available and visit your vegetable vend or see what is available.

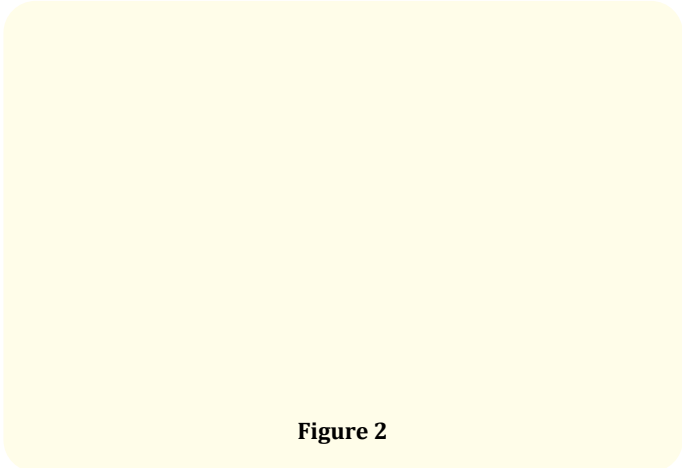
Every time you eat and drink you are either feeding or fighting a disease. But how do we fight these diseases? The best healthy foods are within our reach but we fail to utilize them. Sweet potatoes, thorn melons, indigenous traditional vegetables, apples legume speeches pepernoot mention but be aware with in our markets at affordable prices. Beef, alcohol and processed foods should be avoided at all costs. It's regrettable that most of us spend too much resources on these items and cannot spare a half of this budget on fruit and vegetables. It's time for us to change. Let's stop eating unhealthy foods and feeding ourselves with diseases.

For those working on reducing weight, research shows that nutrition is more effective than exercising by far. Good nutrition is affordable and available lets make use of our indigenous traditional vegetables since they contain all the minerals and vitamins that our body's needs. We own our health lets love ourselves enough to feed the right meals. Don't wait until your nutritionist sets a diet plan or a doctor diagnosis you with a medical problem while you have the power to enjoy a cancer, diabetic, obesity and heart disease free life.

Let us eat healthy meals let us invest in good nutrition.



**Figure 1**



**Figure 2**

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