



Healthy Lifestyle Based On Healthy Food

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Abstract

This study aims to the impact of food to a healthy lifestyle. Healthy lifestyle is the effective way to keep our body fit and prevent our body from illness. Many diseases arise primarily from irregular eating patterns and unhealthy dietary intake. This is a concern given that public facilities often provide a significant amount of food for consumption by vulnerable groups, including children and seniors. Food is one of the play an important role in the healthy lifestyle. Water is essential for life and plain water instead of sugar-sweetened beverages is one approach for decreasing energy intake. However, the consumption of the most healthy food such a vegetables, fruit and milk can provide many benefits. It can help you live longer, boost immunity, lowers risk of heart disease, type 2 diabetes, help achieve and maintain a healthy weight and some cancers. A healthy lifestyle can dramatically reduce the risk of future health problems. Conclusion The research results urge the need to improve eating habits to maintain health in the future.

Article History:

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1. Introduction

The pursuit of a healthy lifestyle has become increasingly important in today's fast-paced world. Formation of personality and lifestyle patterns, including attitudes and behavior regarding eating. Teenage eating behavior is easily influenced by several factors such as the habits of parents and peers; social relations and the school environment. While physical activity and stress management play crucial roles, the foundation of a healthy lifestyle is rooted in a balanced and nutritious food. Fruits, vegetables, whole grains, and lean proteins not only fuels our bodies but also contributes to overall well-being, including improved cognitive function, enhanced mood, and strengthened immunity.

By understanding the complexities of healthy food behavior we aim to contribute to the development of effective strategies to improve public health and promote a healthier, more vibrant society. To adress this problem, a multifaceted approach is needed. This includes promoting healthier food choices, improving access to nutritious food and implementing effective interventions to encourage behavior change.

2. Method

This research aims to find out how students consume fast food, vegetables and fruit. In this study, the author used survey method. The data were gathered through an online survey questionnaire . The survey method were conducted a questionnaire to college students, the questionnaire will be filled in by college students with questions about food.

By distributing the questionnaire, there were 54 respondents consisting of 51 women and 3 men. The questionnaire link was distributed through WhatsApp starting from November 27 to November 28 2024 with duration 2 days. Aged of the respondents is between 17 and 20 years.





Tables

NO	Evaluation	Assesment level (%)						
		Yes	Somet imes	No	Often	Morni ng	Aftren oon	Night
1	Did you know that individual health starts from consuming healthy food?	96,3%	0,00%	3,7%	–	–	–	–
2	Are you think social environment influences healthy food choices?	94,4%	0,00%	5,6%	–	–	–	–
3	Are you eat vegetables in a week?	–	53,7%	3,7%	42,6%	–	–	–
4	How much do you follow current food trends?	–	68,5%	11,1%	20,4%	–	–	–
5	Are you often eat instant noodles?	33,3%	59,3%	7,4%	–	–	–	–
6	How often do you eat fast food?	–	64,8%	1,9%	33,3%	–	–	–
7	Are you often buy snacks outside the home?	48,1%	42,6%	9,3%	–	–	–	–
8	Are you eat fruit everyday?	33,3%	48,1%	18,5%	–	–	–	–
9	Are you often eat oily foods?	48,1%	46,3%	5,6%	–	–	–	–
10	Do you know what foods contain carbohydrates?	96,3%	0,00%	3,7%	–	–	–	–
11	How often do you eat foods containing carbohydrates?	–	16,7%	–	83,3%	–	–	–
12	Do you often eat snacks?	59,3%	33,3%	7,4%	–	–	–	–
13	Is your meal schedule regular?	46,3%	0,00%	53,7%	–	–	–	–
14	When do you eat the most?	–	–	–	–	11,1%	53,7%	35,2%
15	Do you often consume carbonated drinks or drinks	25,9%	59,3%	14,8%	–	–	–	–



with artificial sweeteners?

3. Results and Discussion

3.1 Results

Based on the results of data obtained from 54 respondents, 96.3% showed that students agreed that individual health starts from consuming healthy food, 94.4% agreed that the social environment influences healthy food choices, 53.7% of non-student menus were rare consume vegetables a week, nowadays there are lots of foods that are trendy but not necessarily healthy and 68.5% answered that they rarely follow trendy foods, 59.3% of students answered that they sometimes still consume instant noodles, 64.8% of students answered that sometimes they still eat fast food, there are still 48.1% of students agreeing with the question of buying snacks outside the home, 48.1% of students only eat fruit sometimes, there are still many students who consume oily food as much as 48.1%, 96, 3% of students know about foods that contain carbohydrates, 83.3% of students answered that they still often consume foods that contain carbohydrates, there are 59.3% of students who still eat snacks, 46.3% eat regularly, 53.7% of students eat during the day and 59.3% of students sometimes still consume sweetened drinks.

3.2 Discussion

The results of the research show that students really know that individual health starts from consuming healthy food, but it is still rare for students to consume healthy foods such as vegetables every week or fruit. There are still many students who like to consume sweetened drinks and foods that contain carbohydrates and fats. such as oily foods, snacks, fast food and instant noodles, which if consumed continuously will cause symptoms in our bodies and cause diseases such as heart disease, type 2 diabetes, obesity and several types of cancer. It is also possible that teenagers will not overthinking about eating healthy food, which results in being more easily attracted to posters in food stores without first reading the contents of the food. The basis of a healthy lifestyle requires balanced and nutritious food as well as physical activity and stress management also play an important role in individual health . A healthy lifestyle can dramatically reduce the risk of future health problems.

4. Conclusion

The research results show that there are still many students who know that individual health starts from consuming healthy food, but it is still rare for students to consume vegetables every week or consume fruit and there are still many students who consume sweetened drinks and those containing carbohydrates. This can be explained influenced by several factors, namely limited access, such as students who live in boarding houses or have an environment that lacks healthy food.

Lack of knowledge about nutrition, although many people know the importance of consuming healthy food, there are still many students who do not understand in depth about the nutrition the body needs. The habits of students who consume unhealthy food require time and patience to immediately switch to eating healthy food. And the most influential are social factors, peer pressure, environmental factors and the pressure of busy lectures which can influence students' food choices.



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