

# living without food

living without food QRCode

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For every human being, food and water consumption is crucial. A human body requires energy from food sources and hydration from water to function in a proper manner. The various systems in a body functions through a varied diet that you intake and adequate water on regular basis. Though, [our bodies](#) even survive for days without water. Due to adjustments to our metabolism and energy consumption, we can go days or most often weeks without food. Before learning about [can human beings survive without food](#), let's have a look o why food is essentials for humans.

## Why is FOOD Essential for OUR BODY?

Food is necessitate and obvious for all of us. In order to develop and grow, eatables gives us the nutrients and energy to stay active and healthy. It allows our body to play, work, think and learn.

Foods are directly connected to a human body, mental and social health because every food or liquid consists specific nutrition like carbohydrates, protein, vitamins, minerals, fats etc that are important for our physical and mental growth. The major sources of nutrition and boosting the body are food and water though various other foods we eat do not have any nutritional values. On the other part, they result in great health issues such as diabetes and heart disease. However, you must select healthy and balanced foods that can facilitate enough nutritional values for the body.

**Before clarifying the concept of why food is essential for us, let us know what is food in a very simple and effective detail!**

**More information open this link:-** <https://www.ivedahelp.com/health/can-human-beings-survive-without-food/>

For more details, please visit <https://www.eqlic.com/detail/living-without-food-panchkula-354448>

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