

Paragraph for Grammar check.

Most of the people in Pakistan are getting sick because of over consumption of nutrients. (Consumption ~~are~~ of nutrients are more than expenditure) The most common cause of over taking of (minerals) diet is diabetes. In American research of dietary sugar and type 2 diabetes it is concluded that sugar intake is not the only cause of diabetes, instead, hypercaloric diet which is defined as "one in which a person's consumption exceeds their energy expenditure."

In different countries even in Pakistan it is suggested to eat juices of vegetables and fruits, but ~~for~~ the under developed countries, where the population hardly meet with their family expenditure, can buy ~~fruits~~ ^{juices to} and drink for healthy life. ~~they~~ In US now it is recommended to eat fruits and vegetables instead of making their juices.

Last year in Pakistan, the government imposed massive duties

on the cigarette sector to discourage consumers. But ^{Pakistani} ~~our~~ population is too illiterate to understand the damage of cigarette smoking. They are saying to doctors "my father has been smoking cigarette for fifteen years and he is totally fine" so they are encouraging to doctors to start smoking because a day is appointed for death. Even if government impose taxes on cigarette smoking, people will not stop smoking it.

Since the creation of Pakistan, our illiteracy rate has been high than literacy rate is one of the reasons, Pakistan population death rate is higher than other countries. Because of carelessness of health. Poor youth are more interested into buy new phone or I-phone than to focus on their health or study. Moreover, there was a student who sold his kidney to buy the I-phone.

People who are addicted to smoking they need rehabilitation. Government should make more rehabilitative centres for these people. And there should be a camp arranged ^{ments} in the rural areas per year.