

Nowadays, we find a lot of types of foods and most people think about the taste of their meal and not the healthy or fast food. According to Moreland said "Healthy foods are those that provide you with the nutrients you need to sustain your body's well-being and retain energy. Water, carbohydrates, fat, protein, vitamins, and minerals are the key nutrients that make up a healthy, balanced diet." generally, fast foods contain processed items such as snacks and fast foods, which are low in fundamental nutrients that our body requires for healthy living. "However, fast food is often made with cheaper ingredients such as high fat meat, refined grains, and added sugar and fats, instead of nutritious ingredients such as lean proteins, whole grains, fresh fruits, and vegetables." So, the primary fast food disadvantages such as obesity, unhealthy food choice, kidney and cardiovascular diseases, adverse effects of additives and preservatives and effects to the body environment. The advantages of healthy food and disadvantages of fast food As we know healthy foods such as fruits, vegetables and grain cereals are a source of good dietary fiber. Fibre-rich foods also benefit to preserve the digestive system healthy and function effectively that way lowering cholesterol and blood glucose level. An enough amount of fibre in the diet helps with delaying gastric emptying time, keep satiated and prevent from ??overeating. ?What is Healthy food