

# Fresh food vs canned food essay sample

[Food & Diet](#)



Food is main thing in our lives. Eating is an activity that we as humans do at least two times a day. We live in a world where it is important to eat, and we have a multitude of choices of food to choose from every day. We are responsible for what we eat. Too much of food will only lead to disease that our body at times cannot bear. Although, there are many different foodstuffs, they are divided into two main categories; fresh food and canned food. Fresh food and canned food differ from each other in many ways such as nutrition and health benefits and the cost.

A clear difference between fresh foods and canned foods is in their flavor. Fresh foods are usually full of flavor and taste and healthier than canned food because they keep all their natural condition. For example, it is better to cook fresh tomatoes than canned tomatoes.

Canned foods on the other hand, often lack a clear flavor and tastes differently to fresh food since chemical products have been added to them to increase shelf life. Fresh food can't be stored without refrigerators. Canned food can be stored in shelf for longer time period. In other words, fresh foods have a greater taste and flavor as they are consumed without any added ingredients and close to the time of production compare to canned.

Yet another difference between these two types of foods is the cost. Whereas fresh foods are cheap to buy, canned foods are generally much more expensive and it's only a waste of money because the food is neither fresh nor healthy. For instance, with canned food people pay for the benefit of convenience; they can be bought almost anywhere, there is no

preparation and they can be used at any time. In contrast, fresh foods can be difficult to find and need to be prepared before eating.

Also, many doctors say that eating fresh foods are the best, followed by frozen, and then canned food. Canned foods are last because of the heat involved in the processing process. Canned foods lose some of the original fresh food nutrients when stored for a long time. Overall fresh food provides all the fiber and many things that are needed for your body. Another thing is nutritionists recommends fresh food for good health and they say “health is wealth”. Even so, we have to choose the right food for our lifestyle. Everyone has different opinions on how food tastes like, however majority of the people would prefer and enjoy fresh food to be served than canned food.

For all that, I really had a bad experience with canned food. I ate a canned meat and I didn't know it was expired, I didn't feel anything the first two hours. After that I started throwing up and I went to hospital because the canned food. I wanted to say that we have to pay attention when we buy canned food, because if it expires it may make a person sick and eventually it may even lead to cancer if it is consumed often. However, I really enjoy eating fresh food because I'm a healthy person and I like to take care of myself.

In addition, fresh food and canned food is both include fruit or veggies or meat. As well as is both fresh and canned foods have the same colors. A similarity between the two is that they both originated from seeds hence the fresh foods. Same as, they are both totally edible, Fresh food is food that you

have just gotten raw from the grocery store. Canned food is fresh food that has been prepped and preserved.

In conclusion, fresh foods and buying canned foods are different in their flavor and cost and health. Both fresh and canned food have its differences and similarities and people will chose between the two depending on their priorities and needs. When it comes down to a personal choice, it depends on the time each person has to cook and prepare food and the amount of money they have available to spend on their nutrition. It is constructive to consider all the possibilities (flavor, nutrition and health benefits, and the cost) to choose the right food for your lifestyle.