Be fit not fat

Food & Diet, Junk Food

Life today is not like how it was before. A long time ago, people ate food that was very good for their health. They ate food not contains chemicals, preservatives, artificial colours, and flavours. People also spent a lot of time cooks their own foods. Therefore, those people were not affected by the food that they ate, because all the foods that they had was natural and healthy. That is, they did not have any problems with their health. Foods can be classified into two types: junk food and healthy food. Junk food is simply an unhealthy food, food with poor nutritional value; junk food contains very high fat and sugar. But healthy food is rich with nutritional value. Also junk food has preservatives, chemicals, artificial colours and flavours. But healthy food is not containing these substances. However, both junk food and healthy food are delicious but junk food has more delicious than healthy food. However, junk food has affected the body's health and causes dangerous diseases, such as obesity, diabetes, high blood pressure and sometimes poisoning. On the other hand, healthy food preserves and protects a body from diseases. Both junk food and healthy food are resembled in preparation time and they have alike cost. Junk food can be found in fast foods, frozen foods and other foods which have chemical contents. In contrast, healthy food is fruits, vegetable, meat, nuts, seafood and dairy food. Also junk food contains less or sometimes no proteins, vitamins and fibre. This is different from healthy food; it contains high proteins, vitamins and fibre.