The debate on superiority of homemade and fast food

Nutrition, Healthy Food

Fast Food vs Healthy Homemade Meals

In today's society, most people plan their daily meals around their busy schedules. Food plays an important role in our lives and most just rely on fast food because it is quicker and easier. However, devouring fast food is one of the worst choices you can make. In order to maintain proper health and prevent numerous illnesses and diseases, consuming healthy homemade meals is definitely a more ideal choice. According to a recent study, " when people cook most of their meals at home, they consume fewer carbohydrates, less sugar and less fat than those who cook less or not at all – even if they are not trying to lose weight" (Wolfson 2014). Because many people work full time and get home very late, people continue to eat it without being aware of how unhealthy it is for you and the health risks that it can eventually bring on. Based on the demand for quality food choices of today's generation, it is important to compare and contrast the effects of preparing healthy, homemade meals versus relying on fast food restaurants for daily eats.

Healthy, homemade meals can provide tons of long-lasting benefits. Individuals have the opportunity to control the ingredients that go into their meals, which can help to avoid the intake of MSG (monosodium glutamate) and other preservatives. Preparing healthy meals at home can set one up to live a much healthier lifestyle, since one can use quality ingredients and make them as natural and organic as preferred. From past experience, meal prepping is a great way to cut back on the time while still consuming those healthy, homemade meals at the same time. According to multiple studies, "

taking that extra time to prepare for the week ahead will reward oneself with better nutrition, a regulated metabolism, and achieving a goal of eating a healthy, balanced diet" (O'Neil 2014).

In addition, an individual would be preparing their meals using their own ingredients, resulting in a higher-quality meal. By doing this, the meals end up being more nutritious and gives the person the ability to control the levels of various nutrients such as sodium, sugar, cholesterol, fat, calories, and carbs to reduce the risk of developing chronic diseases. Since obesity is a big problem in our generation, cooking homemade meals would also teach children healthy eating habits and would allow for families to spend more time together. Even though making/cooking homemade can have lots of benefits/pros, there are also a few negative aspects to this way of living.

Consuming nutritious homemade meals on a daily basis has a few downsides that may lead some people to overlook the benefits of choosing this type of lifestyle. Due to the fact that many people live busy lives, preparing healthy meals at home can be very time consuming and expensive. For many people, it may be difficult to find certain ingredients due to the season, limited edition, etc. One has to make sure that the right ingredients are available before cooking to increase the confidence and results of the cook. Because some people may find cooking their own meals inconvenient, they may find it easier to consume fast food.

Fast food can be a great option for people that have busy schedules and are often on the go. Nevertheless, most people find fast food to be the most

convenient option due the fact that it is prepared and served in a quick manner. Most lazy people take advantage of drive-thru when available if they are in a rush. Not only that, there are also always coupons being sent out in the mail to get people to come eat there at an inexpensive cost. Majority of the people who have full-time jobs plan their busy lives around fast food and would rather not take their own time to prepare meals in their house. Fast food menus often serve a bunch of variety and options to suit everyone's taste buds. Although fast food may seem like a more suitable option for some, there are many harmful outcomes that can be triggered by regularly eating this way.

Fast Food can impact one's life negatively if consumed on a daily basis. Fast food is typically considered very unhealthy because most of it is fried, processed, fake, or extremely fattening. It usually is prepared with low-quality ingredients and is unknown how sanitary the environment is that these meals are being prepared in.