

Fresh foods vs. canned foods

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As we grow up we learn that we are suppose to eat two to three well balanced meals a day. We live in a society that has an immense variety of foods to choose from and we are responsible for what we eat. We decide what we are about to eat and how it will affect our bodies. Although fresh foods and canned foods are both highly eaten foods, they are really very different in flavor, healthbenefits, and cost. The most notable difference between these two kinds of foods is their flavor.

Fresh oods have great flavor and taste because they keep all their natural conditions. If they are fresh, they havent been processed or mutated in some way. Canned foods, however, lack a lot of its flavor characteristics because there are some other chemical products added to the natural foods. It is logical that the fresh foods will have a greater taste and flavor when consumed Just because of the time in which they have been prepared. Comparing both types of foods we notice another difference.

There is a health factor that affects both of them. Canned foods lose some of the original freshfoodnutrients when stored, and also it has to be tinned with many conservatives and chemical factors that prolong the shelf life and apparent freshness of the food but could also become toxic if consumed too often. On the other hand, fresh food is picked or made daily for a quality product. Many fruits and vegetables are picked and then set on shelves to be bought but have a shorter shelf life than canned foods because there are no harsh chemicals.

Many bakeries bake their goods the day of for fresh taste instead of using the past days items that lack freshness. Yet another difference between

these two types of foods is the cost. Fresh food is more expensive than canned food. Canned food is easier to find and easier to prepare. People who do not have time to sit down and prepare a fresh meal would rather grab something out of a can, warm it up, and eat it. Buying fresh food is a bit more costly but in the long run it's healthier for you to buy fresh foods.

Whether they're fresh fruits and vegetables, meat products, or baked goods, these items will taste better being made fresh than just coming out of a can. Here are the main three differences between buying fresh foods and buying canned foods. As we can see it comes down to a personal choice, based on the time each person has, the money and the importance he/she gives to his/her nutrition and health. Therefore it is important that you consider your possibilities and choose the best type of foods for your convenience and lifestyle.