

# Consuming healthy fresh green foods

[Linguistics](#), [English](#)



Consuming Healthy Fresh Green Foods There is a wide range of food all over the world. Naturally, everyone wishes that they could eat fresh, healthy food. However, for many, this is not an option. These unfortunate people are forced to eat fast food and canned food, both of which can be harmful for someone's health. Have you ever tried canned food and been able to distinguish that something was not quite right? The quality of much of these types of food is far different to fresh food. In our modern society today, we prefer to eat fresh food over canned food because of health benefits that come from that. The function of this essay is about the differences in fresh food and canned food. In my opinion, flavors, health benefits, and costs are the main factors in our decision to consume either fresh food or canned food.

I will never forget the taste I experienced one day when I ate fresh vegetables from the garden. This was in stark comparison to the taste of the asparaguses, which were kept in oily water in a can. Besides, I did not know how long the vegetable had been there. The look of the soft, moist vegetable was unappetizing compared to the green color and texture and overall taste of fresh food. The main unique difference between these two types of food is in the flavor. Fresh food has a nice texture and the freshness makes you want to consume even more. Despite this, the vitamins in the vegetable will begin to lessen as soon as the vegetable is picked from the garden and sent onto the consumer.

The next comparison between fresh food and canned food is the health benefits involved. Fresh food helps to prevent illness. This is especially true for organic food. Organic food is safe for the human body as it contains more

vitamins, calcium, and iron than non-organic food. Organic food is healthier and tastes better than conventional produce. Fresh vegetables are more beneficial than other types of food. Canned fruit and vegetables have the same amount of vitamins as fresh food; however, this should not be consumed too often as canned food has some chemical factors that are not good for your body and will harm your health in the long term. Today, most canned food is available for people who want to have a balanced diet. The price is another huge difference between these two kinds of food. Canned food often entails less cost than fresh food and can be bought throughout the year. Canned food is a lot cheaper than fresh food because not much preparation time has been put in. In many cases, canned food can be very beneficial for families who have busy lifestyles. In this situation, canned food may actually be better than fresh food. After the food is processed, it is put into cans in order to preserve the flavor. An added benefit is that the food can even be consumed up to a year later because most canned food can be kept for that amount of time. If you live in a place where weather conditions are harsh, then a collection of canned food is always a good idea.

Overall, it can be said that flavor, health benefits, and cost are the unique reasons why consumers choose between fresh food and canned food. These are just the main three reasons; there can be many other factors that are taken into account before making a decision about which type of food to consume. We make our choice depending on the effect on our bodies, personal preference, and financial constraints. Consequently, you must

consider your possibilities and pick the best type of food for your convenience, wellness, and lifestyle.