

# JUNK FOOD VS. HEALTHY FOOD



- What did we do?
- How did we do it?
- Why did we do it?



# ENERGY OAT BALLS VS. CHIPS



0,60€



0,80 €

(energy oat balls for 10 people equals 6 €, per person 0,60 €)

INGRIDIENTS	METRIC UNIT	PROCURAMENT VALUE	QUANTIY USED FOR THE RECIPE	VALUE OF THE USED INGREDIENTS
Oat flakes	kg	1,50 €	0,14	0,21 €
Coconut flour	kg	5,96 €	0,05	0,29 €
Peanut butter	kg	18,89 €	0,12	2,27 €
Ground flax seeds	kg	5,96 €	0,05	0,29 €
Coarse chopped almonds	kg	16,95 €	0,09	1,53 €
Honey	kg	7,77 €	0,1	0,77
Chia seeds	kg	15,97 €	0,04	0,64 €
			<b>Sum of the used ingredients</b>	<b>6 €</b>
			Margin 200%	12 €
			Total cost	18 €
			DDV 9,5% (Slo VAT)	1,71 €
			Total cost with DDV included	19,71 €

## Comparison: **Chips / nutritional value**

- Chips Lays 150 g = 1,69 €
- Nutritional value – Value per 100 g of the product
- Energy value - 2192 kJ / 526 Kcal
- Fats - 32g
- Saturated fats - 11g
- Carbohydrates - 52g
- Sugar - 0,6g
- Proteins - 5,9g
- Salt - 1,4g

# STRAWBERRY COMFORT – SMOOTHIE VS. STRAWBERRY ICE CREAM



0,87€



2,39€

## Strawberry comfort for 3dl; 0,87 €

INGREDIENTS	METRIC UNIT	PROCUREMENT VALUE	QUANTITY USED FOR THE RECIPE	VALUE OF THE USED INGREDIENTS
Strawberries	kg	5,9 €	0,1	0,59 €
Pears	kg	1,89 €	0,05	0,10 €
Bananas	kg	1,19 €	0,1	0,12 €
Oranges	kg	1,3 €	0,05	0,06 €
			<b>Sum of the used ingredients</b>	<b>0,87 €</b>
			Margin 200%	1,74 €
			Total cost	2,61 €
			DDV 22% (Slo VAT)	0,57 €
			Total cost with DDV included	3,18 €

## Comparison: **Strawberry icecream / nutritional value**

- Strawberry icecream Indy&Pippa 115 g = 2,39 €
- Nutritional value – Value per 100 g of the product
- Energy value - 772 kJ / 184 Kcal
- Fats – 6,4g
- Saturated fats – 6,4g
- Carbohydrates – 27,7g
- Sugar – 16,8g
- Proteins – 0,3g
- Salt – 0,034g



Sea-bass fillet garnished with boiled potatoes and spinach vs. Hamburger & Pommies, Coca-cola



7,66€



4,70€

**(30,64 € for 4 people, 7,66 € per 1 person)**

INGREDIENTS	METRIC UNIT	PROCUREMENT VALUE	QUANTITY USED FOR THE RECIPE	VALUE OF THE USED INGREDIENTS
Sea bass fillets	kos	6,50 €	4	26 €
Courgettes	kg	1,69 €	0,16	0,27 €
Bread crumbs	kg	1,48 €	0,06	0,09 €
Olive oil	l	5,99 €	0,2	1,20 €
Malvazija (wein)	l	3,49 €	0,1	0,35 €
Spinach	kg	12,90 €	0,04	0,52 €
Patatoes	kg	1,19 €	0,08	0,10 €
Pine nuts	kg	17,50 €	0,05	0,88 €
Spicies (all spicies prices summed in one value)	kg/kos	30,70 €	0,04	1,23 €
<b>Sum of the used ingredients</b>				<b>30,64 €</b>
Margin 200%				61,28 €
Total cost				91,92 €
DDV (Slo VAT) 9,5%				2,91 €
Total cost with DDV included				94,83 €

## Comparison: **Hamburger & Pommes, Coca-cola / nutritional value**

- Hamburger & Pommes, Coca-cola (Mc Donald's) = 4,70 €
- Nutritional value - Value per 100 g of the products
- Energy value - 2222 Kj / 532 Kcal
- Fats – 27g
- Saturated fats – 19g
- Carbohydrates - 15,8g
- Proteins – 15,4g
- Salt – 1g

# CONCLUSION



- Our calculation result shows that healthy food is cheaper than junk food. Only in the third comparison, the main course (sea bass fillet) has a higher price than the MaC Menu; however, the more expensive main course is also more nutrient and the portion is much bigger than the Mac Menu portion.
- According to the study we can say that healthy food is the best choice for our health and for our “wallets” too.
- A healthy nutrition diet is also key for a good look, mood and health in general.