

HEALTHY FOOD VS JUNK FOOD

HOW THE WORK WAS DONE

For the calculations I had to search on the websites of the groceries, to find the price of the ingredients for the dishes. Then I summed all the prices, which were firstly divided by quantity required the recipes. Later I added to the prices the sum of the taxes for marketing. Doing so I assured two different prices, one for who wants use that recipe at home, so you know how much you will spend for the dishes, and one in the case someone would sell that in a restaurant, bar, shop etc.

WHY WE DID IT?

We wanted to find out how much we spend for unhealthy food/products and how much does it cost if you want to prepare something healthier at home. The results are impressive, and you will see why...

WHERE ARE THE DIFFERENCES

The main difference is in the quantity that we can easily see in the last comparison. Another difference is that our recipes are healthier and with less fats and calories. Point to the main course: the dish is way more nutrient and the portions are also bigger (Sea-bass fillet). So let's get started.

ENERGY OAT BALL VS. CHIPS

Chips are an energy dense food with little nutritional value. They contain small amounts of fiber, protein and other nutrients. Chips are typically accompanied by salt or flavor, giving them a high sodium content. The other main concern about chips is that they're typically fried in oil, making them high in fat. The high fat content is part of the reason that chips are considered to be empty calories; they fill you up and their fat content gives you energy. However, they don't actually have much nutritive value.

On the contrary energy oat balls have higher nutritional value (rich in fiber, protein). And when comparing the price between the two, we can see that chips are more expensive.

STRAWBERRY COMFORT – SMOOTHIE VS. STRAWBERRY ICE CREAM

Ice cream is a rich source of calories, with its large amounts of added sugar and fat, especially saturated (the “bad” kind of fat). We could decrease the negative effects by making homemade ice cream, where we can control what we put in the ice cream.

On the other side we have smoothie, which is richer with fiber, vitamins and minerals and also it's more cheaper

SEA-BASS FILLET GARNISHED WITH BOILED PATATOES AND SPINACH VS. HAMBURGER & FRIES, COCA-COLA

This fast food menu that you can order in every fast food restaurant is high in calories and has little nutritional value. It contains too much saturated fat, sugar and salt. And it lacks vitamins and minerals and because it doesn't contain lots of fiber this meal will not fill you up and soon you'll be hungry again.

On the other side we have sea-bass fillet with boiled potatoes and spinach, this meal has high nutritional value, is rich in fiber, vitamins and minerals, unsaturated fat (the "good" kind), has fewer calories and fill you up, so won't get hungry anytime soon. The price is reasonably higher, seeing we chose high quality fish, which shows when comparing with the fast food menu.

CONCLUSION

In the end its really easy to see that there is a clear difference in both prices and content of the food we looked at. In the 2 of the 3 examples give the healthy food was both cheaper and better for you only in the last example was the healthy option more expensive but as it was mentioned before more nutritionally packed. So it's better for you and and sometimes your wallet to eat healthy food. All it will take you is some more time to prepare the meal but we all know that anything tastes better if you had to work for it.