## Topic: Healthy Diet on a Budget

## Present Economic Challenges

At present, many people consider a healthy diet to be expensive making them lose interest in applying such preference in their lifestyle. Many find buying fresh food to be pricey thus, they tend to simply resort to fast food which is quick and convenient on their fast-paced lifestyle.

However, the truth says otherwise.

Advocates of healthy living and diet are now claiming that healthy, organic, and fresh foods are most economical contrary to common social belief. Applying it as a staple lifestyle preference could provide an economic advantage by cutting back on food expenses and boosting savings.

Though fast food is a faster and convenient option, they are much more expensive in terms of food value, and nutritional value. They contain lots of unwanted preservatives, chemicals such as coloring, salt, sugar, excess calories, and others. On the other hand, healthy organic options contain what the body essentially needs, protein, nutrients, and the right amount of calories needed in a healthy diet.

Buying organic foods and cooking them personally is way cheaper in comparison to any alternative. The challenge still though is that they would require effort for planning, marketing, and preparation. But still, the benefits in terms of cost and quality far outweigh the necessary effort.

### Benefits of Healthy Diet

Fast food options are quick and convenient in the short run. However, they are essentially pitfalls for healthy well-being. In the long run, continuous consumption of unhealthy meals would result in common health problems such as obesity, hypertension, heart diseases, malnutrition, and others. The potential burden on healthcare treatment and medication would likely harm the finances of an individual or the family involved.

On the other hand, a healthy diet provides numerous benefits to anyone pursuing such a lifestyle choice. As previously mentioned, healthy organic meals are significantly cheaper thus, increasing the saving of a person and/or the family. In the long-run, healthy diet preference can also increase savings by lowering the risks of health ailments and diseases that could drive a patient into financial woes.

In addition, by eating healthy at present, the cost for nutritional supplements and multivitamins could be avoided which again reduces food expenses on a budget. Also, the nutritional value of healthy food options would improve health, emotional and mental well-being, and physical performance in turn positively affecting work productivity. By this, earnings and income then increase giving another benefit for the person or family involved engaging on a healthy diet in their lifestyle.

### Preferring a healthy diet on modern-age.

One of the important concerns in pursuing a healthy diet lifestyle is the added effort for marketing, preparation, and cooking. In contrast to quick fast-food meals, the person and parents in the family need to do this on their own which could take time and energy.

However, there are effective measures on how to reduce this burden.

By following these suggestions, the healthy diet option can become just a part of the normal lifestyle. At a continuous pace, the benefits from this lifestyle choice compound making you richer financially and health-wise in every meal.

## Healthy Diet versus Fastfood: Which is Cheaper?

The following chart and graphs illustrate a diet plan budget comparison between a healthy menu and a typical fast food menu. The comparison is based on a 4-day meal plan with three unique healthy recipes for each day compared to the typical price of a McDonald’s meal for four people. The meal course is valued on both individual and family concern though the total amount comparison is based on a family setting with four members.

The graph illustrates how people can save more by choosing healthy organic meal compared to a common fast food option.