Delicious or Nutritious Foods

Nowadays, people tend to eat different foods or drink beverages. This inclination differs from country to country. Some countries eat foods that taste delicious to them, whereas some countries eat foods that taste nutritional to them. This situation changes people's perspective on food.

First and foremost, people generally think that the taste of delicious food is more important than nutritional value. Their reasons: People want to eat delicious foods, such as pizza, sushi, pasta, and French fries. People do not like the taste of healthy foods like vegetables or some beneficial foods for health. I agree with this thought because I like delicious foods and prefer them to nutritional foods. Unfortunately, in my opinion, this situation is not correct every time for human health.

If I explain what I have mentioned in my last sentence, not every food is healthy, especially delicious food. And so, people often think the exact opposite of the popular opinion. People with this view are generally athletes because they should eat nutritional food for their health.

Consequently, people can separate meals according to their importance, and the common view is that people prefer delicious food to healthy food. Everyone has different tastes. As I said, I also agree with this widespread opinion.

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