

Taste or Nutritional Value

Food is necessary for our body. Everybody knows that food is important to maintain our lives. Some people think the taste of food is much more important than the nutritional value of foods. On the other hand, there are some people who claim that nutritional value is the most important factor. However, if you ask me, my point of view the most important factor here is the nutritional value of the food. There are two reasons why the nutritional value is more important than their tastes.

Firstly, the people should prefer to consume foods which are rich in nutritional value because these protect us from diseases. For instance, while foods containing vitamin A are protective against various types of cancer, foods containing vitamin D are protect from heart diseases. That is why vitamins are vital.

Secondly, foods with high nutritional value don't make you feel hungry. This way you will not need to eat as much. If you do not overeat, you will not gain excess weight. This leads you to a balanced and healthy life. Furthermore, a balanced diet prevents diseases such as obesity and diabetes.

In conclusion, as I have indicated above, nutritional value is significant. People have to do this to stay healthy and survive. Food should be eaten even if it tastes bad because the body needs what is inside. It is not the tastes of the food that make you healthy, it is the nutritional values in it.

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