Question; Which societal or family views have influenced your lifestyle on nutrition ?

Family views influence on my lifestyle on nutrition

My family has always emphasized the importance of home cooked meals and eating together, which has influenced me to prefer traditional and balanced foods over fast food. Growing up, my parents often encouraged eating fruits and vegetables daily and discouraged skipping meals.

Society views influence on my lifestyle on nutrition

I've also been influenced by health campaigns and social media trends that promote fitness and healthy eating. However, I've noticed that society sometimes pressures people to follow unrealistic diets, so I try to focus on a balanced diet rather than restriction of the society