

Title:

Can Fast Food Be Healthy?

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411

Summary:

It is possible for people to make healthy food choices even if they only have a short time in which to prepare their meals. The first thing to realize is that it is often that healthy choices do not always mean a need for two-hour meals. A person can choose healthy foods that are quick and easy to prepare at home or to pickup from a takeout place. Cities often provide restaurant guides in their telephone books that display full-page menus indicating what a particular restaura...

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Article Body:

It is possible for people to make healthy food choices even if they only have a short time in which to prepare their meals. The first thing to realize is that it is often that healthy choices do not always mean a need for two-hour meals. A person can choose healthy foods that are quick and easy to prepare at home or to pickup from a takeout place. Cities often provide restaurant guides in their telephone books that display full-page menus indicating what a particular restaurant or drive-thru offers. Many of these food vendors now include healthy alternatives to their usual fast-food selection.

At places like McDonald's and Hardee's, it is possible to find consumers who are concerned about their carbohydrate consumption. This has prompted the restaurants to provide other options in their hamburger choices. Hamburgers can be ordered without the bun, for example, and fruit and yogurt are included on the menu along with fresh salads. Many restaurants provide salad choices either as side orders or as complete meals. Often, a salad of fresh vegetables with chopped ham, roast beef or chicken is more attractive than regular menu items. Salads are especially appealing in the summer months because they are lighter on the digestive system.

Restaurants that feature foods in season cultivated by local farmers offer very healthy and affordable choices. Some of these kinds of restaurants will create their own recipes for healthy food options. This provides the consumer with a

totally new choice and encourages them to visit the restaurant again.

If home preparation of food is preferred, the options for healthy choices increase. Visiting a local grocery store or supermarket emphasizes the number of healthy choices that are available. Fresh fruits and vegetables are more varied than ever before due to improvements in transportation and preservation methods. All types of cuisine can be prepared quickly because of the choices of fresh goods rather than frozen foods. There are numerous choices among frozen foods as well. The demand for healthy frozen dinners and other meals has increased along with demands for more variety in frozen food offerings. Any frozen food aisle in any supermarket will show as many healthy food options and poor choices. The decision is up to the individual.

People can either choose to eat a healthy diet or an unhealthy one. Time and availability of healthy choices are no longer problems for a person who is trying to eat better and healthier foods.