

# The Source of Your Food

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## Where does it come From?

Where does your food come from? Are you really getting the best value for money? How can you be sure you're eating healthily? This article will address the most basic concerns people may have about the food that they buy and will prove that better quality food doesn't have to cost more.

## The Supermarket

Many people now shop at their local supermarket; it's convenient, there's a wide selection, and it's perceived as a cheaper option. The supermarket can be great for many more reasons; the major ones tell you when you've spent more or less than you would have elsewhere, the variety of food and drink is increasing, and there does seem to be a bigger effort to provide fresher, locally sourced foods.

However, if you're shopping on a budget, you may be tempted to buy the basic shop brand meats, dairy products, and packaged foods. The bad thing about this is that the quality of the food is often sacrificed. A massive change you can make to your diet is to buy better quality but eat less. We shouldn't be eating vast quantities of meat; the [NHS](#) recommends no more 500g of red and processed meat per week (or 70g a day). For a good comparison, they state that 'A cooked breakfast containing two standard British sausages and two rashers of bacon is equivalent to 130g'.

There is so much protein in meat that can be gained from elsewhere. Beans and lentils (which are a fraction of the price of meat) are so easy to cook, and are so versatile. Well cooked lentils will have far more health benefits and a far superior taste to a supermarket's own mince meat.

## Farmers' Markets

There is no better tasting food than fresh, well grown produce. We all know the benefits of buying from a farmers' market; there's less toxins, it's often better quality, the environmental impact is less because the

food has travelled less far, and there's a friendlier environment than you'd expect from a supermarket.

Another benefit: it's often the case that it works out cheaper than a supermarket. Now this isn't the case everywhere and all the time, but if you don't believe me, go to a couple yourself and find out. A great thing about farmers' markets is the change with the seasons; summer berries will be cheaper at a market in the summer than in the supermarket, and winter vegetables will often be on offer for bulk purchases, so go with friends.

The health benefits are clear; better quality food is going to be better for you. It's also great because it encourages you to cook. If you've got all these lovely fresh ingredients, you'll be more tempted to put in the effort when preparing them. Find your nearest markets and go to a few to see what you've been missing out on.

[Local Farmers' Markets](#)

[Local Foods](#)

## The Not-So-Innocent Smoothie

The 5-a-day way of life has been promoted for a long time now, and although there are many studies that doubt the exact amount of fruits and vegetables we should be eating, especially with the recent calls for 7 or even ten a day, it is clear that there are great advantages to eating fruit regularly.

The problem comes when people begin replacing fresh fruit with juices and smoothies. Peeling the skin off the fruit and then pulverising it loses many of the vitamins present and diminishes the fibre content, [a crucial part of our diet](#). The sugar content in many smoothies is more than the obviously bad fizzy drinks, and any goodness you may get is counteracted by the numerous health risks (including a raised risk of diabetes and rectal cancer). The [BBC](#) has a great article comparing coffee to smoothies.

If you're unwilling to give up smoothies completely, of course there are worse things to be drinking. [Healthy Smoothie HQ](#) have some awesome alternatives to boost the goodness in your smoothie. Take two things from

this; fruit is best eaten whole and fresh, and is often considerably cheaper.

