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**Slow Food versus Fast Food**

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For some working mothers, fast food is sometimes a solution if you don't have time to prepare meals for the family. Be careful, too often give fast food, not good for families, especially for children. Sometimes, it's okay for recreational food, but not as an everyday dish.

Different processing time. Fast food is a term for food that takes a short time to serve, which is consumed instantly. Characteristically, the nutritional content of fast food is usually not balanced. Most are high in calories but very low in fiber. Also, it is high in fat, sugar, and salt content,

While slow food is food that takes a long time to process. Usually in the form of traditional food, such as borscht, shoddy grandmother, draniki, and others. For the nutritional content, usually can be more varied, depending on the material of manufacture. When added to vegetables the fiber content will be quite high. both fast food and slow food both have advantages and disadvantages, "Fast food excels in the ease of managing hygiene or cleanliness. Due to its fast processing and presentation, fast food is quite hygienic. On the other hand, slow food has a greater risk of contamination. Compared to fast food, especially in the manufacturing process." Of course this can be overcome by making slow food yourself rather than buying cooked ones.

The risk of consuming too much fast food. Because fast food does not meet the criteria for balanced nutrition: the calorie content is very high, especially in the form of

carbohydrates, fats and fats proteins. As a result, high consumption will lead to a higher risk of obesity. In the long term obesity can trigger various diseases, such as diabetes and coronary heart disease. In addition, high salt levels can trigger hypertension (high blood pressure).

Balance trick. There are several ways to balance the nutritional intake of toddlers who like fast food. If you and your toddler have eaten lunch of rice plus chicken nuggets, at home you can provide spinach or vegetable soup, tofu and tempeh and fruit juice. Efforts to balance must really be done by today's parents. Because, in this way, you can prevent the risk of eating too much fast food or unbalanced toddler nutrition.

Observe your toddler's taste too. If he doesn't really like eating cut fruit, give him a choice of fruit juice, yogurt with fruit slices or fruit pudding. Serve food in an attractive form and with an attractive color composition.

No need to avoid it, just limit it. You don't need to panic or be paranoid to get rid of fast food altogether from the menu. At least, you can still eat fast food once or twice a month.