



Article published on June 22nd 2012 | [Wine](#)

Eating styles are adopted either by cultural programming, personal habit, conscientious choice, or a combination. People sometimes behave according to the type of the food they eat and it is said that eating styles can help in predicting the type of the person.

Based on the type of the food eaten persons can be divided into following categories:

1. Vegetarian - The vegetarian eating style is marked by prohibition from eating all forms of animal flesh. A person who eats fish or other seafood may call him- or herself a vegetarian, but that person is confused. Vegetarians may consume eggs, dairy, or both or products made with eggs and/or dairy. There are many, many variations of the vegetarian eating style. Some vegetarians are junk-food junkies and they consume fat in large quantity. Others are very health-conscious and eat mostly whole, natural foods along with eggs and/or dairy.
2. Vegan - Pronounced "vee-ġ-gun" or "vej-ġ-un", the person with this eating style is also referred to as a "pure" or "strict" vegetarian. Vegans exclude all animal products from their diet, including all flesh, all dairy items, all animal milks, all eggs, honey, gelatin (including gelatin capsules used for vitamins and other supplements) and any other edible thing that comes from an animal. Like the vegetarian, vegans come in all varieties, from the sugar- fat- and processed food-addict to the natural food enthusiast. The support for this eating style choice includes hatred for unnecessary killing and cruel treatment of animals, personal and/or world health concern and environmental issues. They are strongly against harassment or killing of animals and they oppose every product that comes from animals. Many vegans also refuse to wear or use anything made from leather or other substances involving the killing, mutilation, cruelty, or exploitation of animals. American Food of San Antonio can provide these vegans the food of their choice.
3. Standard American Diet- This eating style is characterized by emphasis on meats, eggs, dairy products, white breads, fried foods, convenience foods, processed snack foods, and sweets. Fruits and vegetables may be included, into this category but are rarely used. Veggies are often cooked highly and coated with enormous amounts of artery-clogging butter, cream, and cheese, and salt. Similarly, fruits may be cooked, processed, canned, and soaked in sugar-water and preservatives. High calories, high fat, high sugar, high sodium, and high additives and artificial ingredients are common properties of this type of food. Over-processed, refined, pre-prepared, pre-packaged foods in cans, jars, packets, envelopes, plastic containers and boxes are common example of this type of food. People piece together edible products out of foods that were once natural and whole--the outcome tending to be highly destructive to human health and well-being. Priority is placed on taste with little regard for health ramifications. The U.S., Canada, the U.K. and other parts of the world who are consuming this type of food as an eating style are losing greater and greater numbers of people to heart disease, cancers, diabetes, multiple sclerosis and other killers as a result. In this case people should avoid this type of food and should rely on American food of Houston as it is healthier and tasty.

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