

# Can you survive on instant noodles?

The accelerated pace of life makes us very busy every day. And it has become a very common thing for modern people to have no time to eat. At this time, everyone usually chooses instant noodles to eat. Nowadays, instant noodles have become the most common meal replacement food. And instant noodles can be seen anywhere in the world.

Instant noodles have brought us great convenience. When there is no time to eat, it can provide us with hot noodles in a few minutes. And the taste is very good, so it has been widely welcomed by the public. But the controversy about instant noodles has never stopped. Many people think that instant noodles are not a healthy food. What will happen if we eat instant noodles for a long time?



## Can you survive on instant noodles?

The professional technical article in the top three cost-effective instant noodle production lines in 2021 shows that if a person only eats instant noodles for a long time. He can survive for a long time. After all, many areas are still in a very poor state. For people there, Being able to eat rice is a

very luxurious thing. Their diet not balance. Even in this case they can still survive for a long time. Therefore, long-term consumption of instant noodles can maintain the normal activities of the body. But it will make our body very unhealthy in the long run.

Instant noodles mainly compose of noodles, vegetable packs and seasonings. They taste good. The unique taste makes many people like instant noodles very much. Although many instant noodles now claim to non-fried. They will contain edible oil. Therefore, if they are left for a long time. The fat in the instant noodles will oxidiz and decompose by air to generate toxic aldehyde peroxides. Eating the instant noodles whose oil has deteriorated can cause unexpected troubles to the body. Such as dizziness. Headache. Fever. Vomiting. Diarrhea . And other poisoning phenomena.



Secondly, the vegetable pack will lose a large part of the

nutrition after dehydration, and it cannot meet our daily nutritional needs. Making our intake of nutrients relatively simple. It will inevitably damage our body in the long run. In addition, the salt content in the seasoning package of instant noodles is above the standard. Nutritionists say that the daily salt content of each person is about 5 grams. Eating instant noodles will cause us to consume a lot of salt. And eating too much salt is easy to suffer. Hypertension, myocardial infarction. And other diseases are extremely detrimental to our health.

Therefore, although we can rely on instant noodles for survival. For the sake of good health, we cannot eat instant noodles every day. Instant noodles can only be used as emergency needs rather than daily needs. In addition, eggs and some fresh vegetables should be added when eating instant noodles. It is best not to use the seasoning package that comes with instant noodles. It will greatly reduce the harm to the body.

Although everyone knows that instant noodles are not a healthy food, the demand for instant noodles is still increasing. This is also the result of the rapid development of society. It makes people have to rely on instant noodles for survival. In order to provide healthier instant noodles to the public, manufacturers will use high-quality Instant Noodles Production Line to produce instant noodles.



Shandong Loyal Industrial Co., Ltd. is a professional food machinery manufacturer with many years of R&D and production experience, and enjoys a very high reputation in the industry. The biscuit production line, corn flakes production line and baby food production line are all very high . The sales export to many countries and regions at home and abroad.

Our [Instant Noodles Production Line](#) has very reliable quality. The whole machine is made of food-grade stainless steel. It has a long service life and stable operation. The highly automated production method can realize one-time production from feeding to packaging without manual intervention. It further guarantees the sanitary quality . And can effectively reduce the production cost. In addition, the equipment uses a very advanced production technology, the instant noodle produced absorbs less oil and tastes healthier. Not only that, but the production line can also be used to produce some instant noodles. Instant rice noodles and other instant foods. These kinds of foods are now in a very hot state. And the demand continues to increase.

Instant noodles are an indispensable convenience food in our

daily lives. They have brought great help to our lives. Although we can eat instant noodles to survive. It is not a healthy lifestyle. A reasonable diet. A green diet. And a balanced intake of nutrients are our correct ways of eating.