Some people think that public health of ~~a~~ country can be improved if the government make laws regarding nutritious food but others think that it is ~~the~~ a matter of personal choice and personal responsibility. Discuss both views and give your opinion.

Social health is one of the important issues in every nation which requires everyone's attention. Some people, including me believe that if authorities pass some laws for nutritious food, social health will be ameliorated although some think it's a personal decision.

These days people's awareness has grown more than before~~,~~. most people are not fully aware of the value of the foodstuff that they eat, though. some food has less nutrient that our body requires to work properly for example, cakes and sandwiches which contain large amounts of sugar or fat that cause ~~to~~ heart attack or diabetes so the government should pass some laws to enhance public awareness about nutrients and allocate budgets ~~to~~for eliminating malnutrition and helping people to have nutritious food easily without a lot of expenses.

Some argue that they have the right to choose their food.I think this notion is rather absurd because some people can't afford nutritious food such as meat or fruits easily so they need to be supported by the government, secondly some groups of ages love to eat fast food rather than food with high amounts of protein and fiber which are more healthy than fast food , these kinds of diets will cause a lot of diseases which will impose high costs on society and will influence the public health of a country.

In conclusion, I strongly believe that the government should pass some laws for eating nutritious food to improve public health and it ~~is~~ does not violate ~~individual's~~ individuals' freedom of choices.