

FAST FOOD CONSUMPTION: HARMFUL EFFECTS

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DOI: <http://doi.org/10.47211/idcij.2022.v09i04.017>

ABSTRACT

It is a well-known fact that fast foods have negative aspects. According to several studies, fast foods and highly processed foods have been linked to an upsurge in childhood obesity, cardiovascular disease, diabetes, and other chronic illnesses. Therefore, the Delhi government has demanded a ban on junk food sales in schools and within 50 meters.

Not only can they add inches to your belly, but doctors and scientists have suggested that junk food can cause major brain damage in several studies. The scary part is that it's not simply years of bad eating that might cause a mental breakdown; even a few days of regular junk food consumption can cause a mental breakdown. And the ill effects of junk food do not end here.

We cannot completely cut out junk food from our lives. For many people, having junk food is not a choice but a matter of necessity. They do not have time or resources to curate a healthy meal. Prolonged consumption of junk foods makes you vulnerable.

Key words: Fast food, junk food, health.

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INTRODUCTION

Fast foods are heavy in kilojoules, fat, sugars, and salt and have a low nutritional value (e.g., nutrients, minerals, and fibers). On the other hand, fast food is a type of restaurant meal designed to be served to you as quickly as possible. Therefore, although some fast foods are healthy, most fast foods are junk food.

Disadvantages of fast Food

Fast food is known for its low nutritional value. It tends to be high in unhealthy fats, sugars, and salt, while lacking in important vitamins, minerals, and fiber. This means that relying on fast food as a primary source of nutrition can result in deficiencies and imbalances in our diet, which can negatively impact our overall health and well-being.

Moreover, fast food consumption has been linked to poor mental health. Studies have suggested that a diet high in processed and unhealthy foods may contribute to an increased risk of depression, anxiety, and other mental health disorders. It highlights the importance of a balanced and nutritious diet for both our physical and mental well-being.

Cardiovascular Disease

One major concern is cardiovascular disease. Fast food is often high in unhealthy fats, sodium, and added sugars. Regularly consuming these types of foods can contribute to the development of conditions like high blood pressure, high cholesterol, and heart disease. Fast food is low in nutritional content, high in sodium, and rich in saturated fat, which can raise cholesterol and blood pressure. These two conditions are major contributors to heart disease and stroke. That's why it's important to be mindful of fast-food intake and opt for healthier alternatives whenever possible.

Constipation

Dietary fiber is abundant in many greens, fruits, whole grains, nuts, and seeds, and it plays an important role in the digestive system. Fiber aids in the proper functioning of our digestive tract by flushing wastes from the body. In addition, it can aid in reducing cholesterol and the maintenance of normal blood sugar levels. Unfortunately, however, most fast foods are low in dietary fiber, which leads to constipation. This is one of the ill effects of junk food consumption.

Obesity

Another issue associated with fast food is its impact on weight and obesity. Fast foods are often calorie-dense and lack essential nutrients. Over time, consuming these foods in excess can lead to weight gain and an increased risk of obesity. This can further increase the risk of developing other health problems such as type 2 diabetes, certain types of cancer, and joint issues. Junk foods are high in calories, carbohydrates, and fats, all of which contribute to weight gain. Obesity also causes a slew of problems, including joint pain, diabetes, and various cardiac problems. As a result, it's critical to limit your fast-food intake. This is one of the top disadvantages of fast food.

Bloating

Sodium levels are high in several pre-packaged and fast foods. Additionally, salt is occasionally added as a flavour or preservative. Furthermore, too much salt might make it difficult for your body to store water, causing your stomach to feel bloated or puffy. This is one of the worst side effects of junk food.

Hypertension

Fast food is high in sodium, raising blood pressure and exacerbating underlying heart conditions, such as congestive heart failure. In addition, its trans and saturated fats cause triglyceride levels to rise. This is one of the most harmful disadvantages of fast food.

Diabetes

Increased blood sugar concentrations in the body are among the most evident harmful ill effects of fast food. For example, because white wheat contains sugar, it causes a rise in insulin, leading to diabetes. Junk food includes many types of fast food, processed foods, and premade snack foods. Fast food is often highly processed, and this can have a negative impact on health. Fast food consumption and out-of-home eating behavior is a main risk factor for lower diet quality, higher calorie and fat intake and lower micronutrients density of diet . . . Frequent consumption of fast foods was accompanied with overweight and abdominal fat gain, impaired insulin and glucose homeostasis, lipid and lipoprotein disorders, induction of systemic inflammation and oxidative stress . Fast food restaurants were found to be positively associated with diabetes prevalence in all counties except high poverty/medium-minority [

Skin Problems

Formerly, pizza and chocolate were blamed for acne. Carbohydrate-rich foods produce blood sugar surges, which can lead to acne. As per a study, eczema can develop in teenagers and children who eat fast food. Eczema is a skin condition that causes itchy, inflammatory areas of the skin.

Memory Deficits

If you eat foods high in sugar and fat, your brain's function that aids learning may be suppressed. Excessive junk food consumption leads to poor cognitive test outcomes. The hippocampus, a brain area, controls learning and memory. A rapid inflammation in the hippocampus happens due to consuming sugary meals. Memory problems are one of the greater disadvantages of junk foods.

Headache

Monosodium Glutamate is one of the most widely used food-additives in commercial foods. It has linked with obesity, metabolic disorders, thyroid disorders, The absence of a significant relationship between processed meat products and canned foods consumption and migraine headache might be due to people's interest in traditional foods and lack of tendency to consume fast foods .

Degradation of the Teeth

Fast food's sugar and carbohydrates cause acids that can destroy tooth enamel, resulting in bad dental hygiene. Furthermore, the extra salt and sugar in fast food stick to the teeth, increasing the risk of dental decay and cavities.

High Cholesterol

Many fast foods we consume are manufactured from animal products or are deep-fried. It also increases the fat content of the dish. Cholesterol levels may rise due to fat, lowering HDL, or good cholesterol.

CONCLUSION

There is no greater asset than our health. If we wish to live a long and happy life, we must learn to care for our health. The first step to that is taking care of what we are eating. If we eat well and exercise regularly, we will have a stress-free life. Another step to creating a stress-free life for ourselves includes buying good health insurance. Finally, good health and security in cases of medical emergencies are sure to keep you happy and in high spirits.

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