# FAST FOOD CONSUMPTION: ITS QUANTITY & TYPES

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***ABSTRACT***

*Fat is an important part of diet, but figuring out how much to eat can be confusing. Over the last 5 decades, many people have moved from a moderate fat to a low-fat diet, based on recommendations from health organizations & health teams. The Dietary Guidelines for Americans Trusted Source no longer specifies an upper limit for how much total fat you should consume.*

*This article takes a detailed look at different types of fat and provides suggestions for how much to eat per day. Along with protein and carbs, fat is one of the three macronutrients in diet. Consume fat in the form of triglycerides. A triglyceride molecule consists of three fatty acids attached to a glycerol backbone. The fatty acids contain chains of carbons and hydrogen. One way to classify fats is by the length of their carbon chains:*

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**INTRODUCTION**

Food is essential for growth and development of a child. A child cannot live without food. 'Good food means the right kind of food for good health; it is nutritious. It contains natural substances that body needs to grow properly and stay healthy. We must choose the right food in daily diet for good health of our child. Socio-economic conditions and cultural norms of our community have been changing. Food habits of our children are also changing facing such changes.

Many of children are fond of readymade outside food. Some guardians are even reluctant in changing food habits of their children. They admit readymade outside food for their babies even willingly. 'Food that can be served ready to eat fast' refers to fast food. Fast foods and junk foods are often used interchangeably. Most junk foods are fast foods as they are prepared and served fast. But not all fast foods are junk foods, especially when they are prepared with nutritious contents.

Fast food culture is an emerging trend among children. 'Energy dense food with high sugar/ fat/ salt content and low nutrient value in terms of protein, fiber, vitamin and mineral content is termed junk food'. Easy availability, taste, parent's occupation and marketing strategies make them popular among children. One important aspect of fast-food restaurant is that it is primed to maximize the service speed and is standardized to minimize waiting time. So customers can save their time in taking their food. Here, food menu is limited in number. It has been seen that on a typical day in United States, nearly 30% of 4-19 years children consumes fast food. Situation in Bangladesh, particularly in affluent society is not reverse. Approximately 56% of a private university student in Dhaka goes to fast food restaurants at least once per week and 44 % goes regularly (≥ 2 times/week).

In a country like Bangladesh, paradoxically coexisted with malnutrition among children and adolescents, multiple factors including rapid urbanization and inappropriate dietary practices, have attributed to an emerging overweight and obesity problem among young children in urban and especially among affluent families. Thinking of our physicians is limited on such alarming food habit of children. Moreover, fast food taking by our children is less addressed. The review is written to orient our physicians particularly pediatricians regarding some fundamental aspects of such food culture which may help in developing a preventive strategy in reducing fast food taking by our children.

Most of the fats that a person eats are long-chain fatty acids. Short-chain fatty acids are mainly produced when bacteria ferment soluble fiber in the colon, although milk fat also contains small amounts.

Long-chain and very long-chain fats are absorbed into the bloodstream and released into the body's cells as needed. However, the liver takes up short-chain and medium-chain fats directly and stores them as energy. Fast food or junk food is a generic term for all kinds of foods which are rich in energy, because they contain a lot of fat and sugar, as well as salt, but are relatively low in other important nutrients such as protein, fiber, vitamins, and minerals. However, fast food is extremely attractive to most children because of the taste, comparatively lower price, and convenience (doesn't require any cooking or preparation). Since children typically do not understand how this kind of food negatively impacts their health, it can be quite addictive.

This article describes some important ways in which junk food harms children's health. A considerable amount of research suggests that the frequent use of caffeinated energy drinks may be associated with undesirable effects, particularly so in children and adolescents. This study aimed to investigate the associations between energy drink intake and mental health problems, in isolation or in combination with junk food consumption, in a nationally representative sample of Korean adolescents. Fast food is a food which is speedily available as well as provides, frequently at eating places as well as seasonally related with not so much cost and nutritional things like hamburgers, French fries, and soda." The teenagers of today will be the future of tomorrow; therefore, concentrating on today's adolescents and educating them on how to modify their behaviours toward healthy eating patterns is critical. The dietary issue is one of the most serious health issues confronting millions of children of all ages. There are lots of effects of fast food on the health of adolescents. Because of peer pressure, shortage of time, attractive packages and tastes they become closer to take fast food. Fast foods are at large quantity obtain in educational institutions through various stores. Canteens are available in educational institutions to offer soda water, soft drink, cracks and lots of other foods of less nutritious rate (value). There are many ill impacts and effects of fast food and persons are not aware of its dangerous effects. It can cause many harmful disorders. Prolonged use of fast food is the reason for medical issues, chubbiness means obesity, GI Tract problem and increased fat. Excessive intake of fast foods may reduce appetite and eliminate the chance for nutrients in foods. These quick meals are rich in fat, salt, and sugar, and they are the root cause of chronic illnesses such as obesity, diabetes, and cancer in later years of life. This review focuses on what is fast food and its effect on adolescents and the evidence of its effects on mortality, morbidity and quality of life. Fats are one of the three macronutrients. The body absorbs them from food and uses them for energy and other functions.

**Functions and benefits of fat**

Fat performs a number of functions and provides several health benefits:

**Energy:** Fat is an excellent energy source. It provides 9 calories per gram, whereas protein and carbs each provide 4 calories per gram.

**Hormone and gene regulation:** Fats regulate the production of reproductive and steroid hormones, as well as genes involved in growth and metabolism (1Trusted Source,2Trusted Source).

**Brain function:** Adequate fat intake is important for brain health, including mood (3Trusted Source,4Trusted Source).

**Absorption of fat-soluble vitamins:** Vitamins A, D, E and K must be consumed with fat to be properly absorbed.

**Flavor and fullness:** Adding fat to foods makes them tastier and more filling. The fat stored inside your body helps:

1. Insulate organs keep
2. Provide energy that can use in the case of a calorie deficiency

Fats provide a number of benefits for body, including serving as an energy source, regulating hormones and genes, maintaining brain health, and making food tastier and more satisfying.

**Different types of fat**

Fatty acids are grouped according to the number of double bonds between carbons in their structures.

**Monounsaturated fat**

Monounsaturated fatty acids (MUFAs) have one double bond in their carbon chains.

MUFA food sources are typically liquid at room temperature and fairly stable for cooking purposes.

The most common MUFA is oleic acid, which olive oil contains in high amounts.

Monounsaturated fat is linked to several health benefits, including a reduced risk of serious diseases such as heart disease and diabetes.

One review of 24 controlled studies found diets high in monounsaturated fat lead to significantly lower blood sugar, triglycerides, weight and blood pressure levels compared to high carb diets. The high monounsaturated fat diets also increased HDL (good) cholesterol levels .

MUFAs may also increase feeling so fullness that lead to reduced calorie intake

In one study, people felt fuller and took in fewer calories for the next 24 hours after consuming bread alongside oil rich in oleic acid, compared to bread that contained less (8Trusted Source).

**Polyunsaturated fat**

Polyunsaturated fatty acids (PUFAs)contain two or more double bonds. They can be divided into groups depending on the location of the double bonds. These include omega-3s and omega-6s. These double bonds make PUFAs more flexible and fluid than saturated fats. for inflammation, heart disease, diabetes, depression, and other health conditions (9Trusted Source,10Trusted Source,11Trusted Source, 12Trusted Source). Although you need some omega-6 fats, they can contribute to chronic inflammation if you consume too much, especially if omega-3 PUFA intake is low Omega-6 fats are very common in modern-day diets. On the other hand, omega-3fats are usually consumed in much smaller amounts. Significantly, researchers report that the evolutionary die to humans provided a ratio of omega-6 to omega-3 fats between 1-to-1 and 4-to-1.By contrast, it's estimated that most people now consume these fats in a 15–
17:1ratio

**Saturated fat**

Saturated fatty acids (SFAs) have no double bonds in their carbon chains, so the Carbons are said to be "saturated" with hydrogen. They're very stable at high temperatures and far less likely to be damage during cooking than polyunsaturated fats. SFA intake can raise LDL (bad) cholesterol levels in some people, although this depends in part on the specific fatty acids consumed. It should also be noted that HDL (good) cholesterol typically goes up as well .In fact, some foods high in saturated fat may benefit metabolic health. For example, studies suggest that the medium-chain triglycerides in coconut oil and palm oil may boost metabolic rate and reduce calorie intake

TheAmericanHeartAssociationrecommendsthatonly5-6%ofyourfatintake should be saturated. In other words, if you're on a diet of 2,000 calories a day, you should consume around 13 grams of saturated fat per day (24TrustedSource).

**Trans fat**

In a trans fats molecule, hydrogens are positioned across from each other rather than side by side. Small amounts of trans fats occur naturally in dairy and other animal foods. However, nothing is natural about the trans fats used in processed foods.

These trans fats are produced by adding hydrogen to unsaturated fats to create a product that functions more like a saturated fat. Ingredient labels often list them as "partially hydrogenated" fats.

Consuming trans fats can lead to a number of health problems. Artificial trans fats are linked to inflammation, unhealthy cholesterol changes, impaired artery function, insulin resistance, and excess belly fat. Trans fats are often found in margarine and other processed spreads. Food manufacturers sometimes add them to packaged products, such as crackers, to help extend shelf life.

**CONCLUSION**

Fats are grouped by the bonds in their carbon chains. Aside from trans fats, most fats have beneficial or neutral effects on health. However, a high omega-6 to omega-3 ratio may cause problems. Taking of fast food is a dietary habit of our present-day children. Consumption of diet reach in sugar, saturated fat, salt and calorie in children can lead to early development of health hazards. There are various reasons for consumption of such food by children. Most of fast-food users know well about negative effects associated with fast food consumption. However, they take fast food without considering their health complications. The young generations are getting addicted to fast food which indicates a serious public health problem. Prompt necessary actions should be undertaken to tackle this health problem. Implementation of laws to regulate the marketing of fast foods may be an important step in reducing fast food consumption by children. Awareness regarding healthy feeding may save children from harmful effects of fast food in this area.

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