LEADING TO LETHAL DISEASES

Afsheen Ghazala¹, Dinesh Kumar Ravi²

¹Institute of Food Science & Nutrition, University of Sargodha, Sargodha, Punjab.

²Department of Food Technology, Kongu Engineering College, Perundurai, Tamil Nadu

INTRODUCTION:

lives? And what impact fast food is putting on our is tasty as well. It has now become a fashion to eat health? Before moving towards the answers to these outside all over the world especially in developed questions, let's see what fast food actually is? Fast food is the term used for the food that is cooked consumption is maximum in America, around 37% and served urgently on demand of consumers, of adults consume fast food on daily basis. either during driving or as a substitute of lunch Now the trend of fast food and eating outside is also or dinner and it is high in calories and low in emerging in developing countries like Pakistan and

Pizza, Carbonated drinks, Nuggets, etc. Fast foods are:

- High in trans fats or oils
- Rich in calories
- Rich in sugar
- Rich in sodium (in the form of salt)
- Reduced in fibers

Now the question arises, among whom fast food is most popular? Fast food is popular in almost person of every age, and in each gender but it is much more popular in children, college students, and employees.

World scenario of Fast Food:

In early ages, people wanted to consume fresh and home-cooked healthy food, but now, for the past four decades trend has been changed. Now, people don't want to cook food at home and love to eat outside

Have you ever thought how fast food is changing our because it is cheap, quick to cook, and somehow it countries like the USA, France, Canada, and U.K. Its

nutritious values. Fast foods include French fries, India day by day. Consumption of fast food in India Fried Chicken, Burgers, Cakes, Pastries, Chocolates, is nearly 34% per year and in Pakistan, it is 20% yearly.

How Fast-food Changes our Lives?

You've listened that everything has its own positive and negative aspects. Likewise, fast food changes our lives both positively and negatively. Nowadays, life is quite hectic, it is easy for everyone to buy fast food by spending less time and money instead of consuming too much time in cooking fresh food. It provides you with many options to eat. Employees at work used to buy fast food to satisfy hunger and save their time.



But despite these advantages, fast food has many **ATHEROSCLEROSIS:** negative aspects as well that it is putting on our health. Have you ever seen movies like "Super-size Fried foods like fried chicken, French fries, fried me, Fed up and Fat, Sick and Nearly Dead"? These onion rings, meat, and Fished-based appetizers movies show us how fast food is affecting our lives contain a large number of trans or saturated fats and especially when it is consumed in large amounts and cholesterol which add up to the overall oxidant load on daily basis, but these movies show us just a little and cause clogging in arteries. These clogs reduce the defect of fast food. And today we will see how fast space in arteries, reducing the amount of oxygen that food is dangerous for our health in detail. reaches the cells through these arteries, ultimately leads to atherosclerosis which causes Heart diseases LETHAL DISEASES and Strokes.

CAUSED BY FA

Fast food causes many lethal diseases because it Most dietitians and nutritionists recognize the contains a high amount of trans or saturated fat, association of junk food consumption to premature sodium (salt), sugar, calories, have a high Glycemic heart diseases. As fast food is rich in sodium (salt), index, and contains less amount of fibers and has less saturated or trans fats and it is also related to high nutritious values. Let's see what diseases are caused Glycemic index (GI) and Body mass index (BMI), by fast food. also raises a bad cholesterol level. These cause hypertension and obesity which leads to many heart HYPERTENSION: diseases.

Hypertension or high blood pressure is directly **CANCER:** associated with sodium intake. And many fast Fast foods directly may not cause cancer, but fast foods are rich in sodium in the form of salt which is foods like chips, burger, fried chicken, hot wings, used in seasoning. Current recommendations urge etc. that are rich in fats and foods rich in sugar like us to consume sodium less than 23,00 mg per day biscuits, cakes, pastries, chocolates, crisps, etc. cause which is equivalent to a teaspoon of common salt. overweight and obesity which leads to 13 different However, for the patients of hypertension, these recommendations are even lower to about 1500 mg types of cancer. per day.

HEART DISEASES:

STROKE:

As fast-food leads to obesity and increases blood cholesterol level "bad", these form clots in the blood and block the arteries. Due to these blockages, the blood flowing towards the brain is blocked and leads to a stroke. Obesity and high "bad" cholesterol level leads to Type 2 Diabetes because of the accumulation of too much fat around the mid-section and body cells become resistant to insulin. Insulin is a hormone which helps in the movement of sugar out of the

LIVER DAMAGE:

Due to the richness of trans fats and "bad" cholesterol fast food damage the liver. Since fast food is not distributed evenly in the body, that's why fast tends to accumulate in the liver and causes the damage of liver, inflammation, and scarring

TYPE 2 DIABETES:

Obesity and high "bad" cholesterol level leads to Type 2 Diabetes because of the accumulation of too much fat around the mid-section and body cells become resistant to insulin. Insulin is a hormone which helps in the movement of sugar out of the body and into the cells. When body cells will not use insulin properly, the pancreas mistakes it as the need for more insulin and it produces more. Ultimately Pancreas will be damaged and stop producing insulin which leads to Diabetes.



headache

Eating foods filled with sodium, like many fast foods, can increase your risk for headaches.

acne

Carbs, not grease, can trigger acne. Carb-heavy fast food like french fries, hamburger buns, and potato chips may lead to acne breakouts.

heart disease or stroke

Elevated cholesterol and increased blood pressure are two of the top risk factors for heart disease and stroke.

high cholesterol

Fried foods are filled with trans fats. These fats are known to raise LDL (bad) cholesterol levels

weight gain

Even though you may think you're eating "healthy," you may still underestimate the number of calories you're consuming. This can lead to unintentional weight gain.

blood sugar spike

Fast food is filled with empty carbohydrates, which can cause frequent insulin spikes. This may alter your body's natural insulin response.

insulin resistance

Fast food can lead to frequent insulin spikes. This can lead to insulin resistance and type 2 diabetes.

depression

Eating fast food and processed food may increase your risk for depression.

dental distress

The carbs and sugar in fast food produce acids that can destroy tooth enamel. This can lead to dental cavities.

shortness of breath

Extra calories can turn into excess pounds. Without exercise to counteract the increase in calories, obesity may become a reality. Obesity can cause shortness of breath and wheezing, even when you do very little physical activity.

high blood pressure

Fast food is typically sodium-heavy, which can elevate blood pressure or aggravate existing heart disorders, including congestive heart failure.

extra calories

People who eat at fast-food restaurants tend to take in an extra 187 to 190 calories per day.

bloating and puffiness

Your body may retain water if you eat too much sodium, leaving you feeling puffy, bloated, and swollen.

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