

# FAST FOOD LEADING TO LETHAL DISEASES

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## INTRODUCTION:

Have you ever thought how fast food is changing our lives? And what impact fast food is putting on our health? Before moving towards the answers to these questions, let's see what fast food actually is?

Fast food is the term used for the food that is cooked and served urgently on demand of consumers, either during driving or as a substitute of lunch or dinner and it is high in calories and low in nutritious values. Fast foods include French fries, Fried Chicken, Burgers, Cakes, Pastries, Chocolates, 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

because it is cheap, quick to cook, and somehow it is tasty as well. It has now become a fashion to eat outside all over the world especially in developed countries like the USA, France, Canada, and U.K. Its consumption is maximum in America, around 37% of adults consume fast food on daily basis.

Now the trend of fast food and eating outside is also emerging in developing countries like Pakistan and India day by day. Consumption of fast food in India 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 negative aspects as well that it is putting on our health. Have you ever seen movies like "Super-size me, Fed up and Fat, Sick and Nearly Dead"? These movies show us how fast food is affecting our lives especially when it is consumed in large amounts and on daily basis, but these movies show us just a little defect of fast food. And today we will see how fast food is dangerous for our health in detail.

## LETHAL DISEASES

### CAUSED BY FAST FOOD:

Fast food causes many lethal diseases because it contains a high amount of trans or saturated fat, sodium (salt), sugar, calories, have a high Glycemic index, and contains less amount of fibers and has less nutritious values. Let's see what diseases are caused by fast food.

### HYPERTENSION:

Hypertension or high blood pressure is directly associated with sodium intake. And many fast foods are rich in sodium in the form of salt which is used in seasoning. Current recommendations urge us to consume sodium less than 23,00 mg per day which is equivalent to a teaspoon of common salt. However, for the patients of hypertension, these recommendations are even lower to about 1500 mg per day.

### ATHEROSCLEROSIS:

Fried foods like fried chicken, French fries, fried onion rings, meat, and Fished-based appetizers contain a large number of trans or saturated fats and cholesterol which add up to the overall oxidant load and cause clogging in arteries. These clogs reduce the space in arteries, reducing the amount of oxygen that reaches the cells through these arteries, ultimately leads to atherosclerosis which causes Heart diseases and Strokes.

### HEART DISEASES:

Most dietitians and nutritionists recognize the association of junk food consumption to premature heart diseases. As fast food is rich in sodium (salt), saturated or trans fats and it is also related to high Glycemic index (GI) and Body mass index (BMI), also raises a bad cholesterol level. These cause hypertension and obesity which leads to many heart diseases.

### CANCER:

Fast foods directly may not cause cancer, but fast foods like chips, burger, fried chicken, hot wings, etc. that are rich in fats and foods rich in sugar like biscuits, cakes, pastries, chocolates, crisps, etc. cause overweight and obesity which leads to 13 different types of cancer.



## 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.

## 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.

