

**Fast and junk food working as slow poison its side effects on human body.**

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**Abstract**

The word Fast food which is also called junk food has been predominantly sounding frequently in a diet, The most common ingredients used for making fast food are Maida, corn flour, saturated fats, preserved raw materials and preservatives which are harmful to maintain a better health. Diet is a route cause of all diseases. Occasional intake of fast food doesn't cause any diseases. Frequent intake of fast food in place of diet has negative impact risk on health. Though the fast food is tasty, significantly affects almost all systems of our body as a slow poison and manifest diseases. Pizza, burger, sandwich and bakery products are most often chosen by population. This article is published in order to create awareness among the public to restrict the frequent use of poor nutritious and substandard food in routine life for better health.

**Keywords:** Junk Food, Energy, Fruits.

**Introduction**

Fast food is a pre-cooked food stuff which can be prepared and served quickly to starved people It is also called as junk food.

Fast food was created commercially to accommodate the larger numbers of busy commuters, who did not have the time to wait for their meal. Fast food gained popularity by the lifestyle changes worldwide. In addition, even meals consumed at home are often purchased from catering outlets or home delivery service. The traditional regular family dinner has been replaced by eating 'on the run' at various locations throughout the day. An average US woman and man spend 0.79 h and 0.32 h per day carrying out food preparation and cleaning up respectively.

Moreover, 59% of men and 32% of women spend no time on daily food preparation. It has been shown that a typical meal purchased from fast food chains tends to be energy dense and contains ~ 236 kcal/100 g, which is

twice as high as the recommended energy density of a healthy diet. Considering the large portion sizes of food eaten out of the home, one meal can provide even more than 1400 kcal. Occasional intake of fast-food does not harmful to body, but regular intake of it has more negative impact on health.

The most common fast foods are pizza, burger, bread, sandwich, chicken, snacks. dairy products (frozen desserts), bakery products etc.

The most common ingredients used in fast food are given below.

### **Maida**

Maida is a refined wheat flour and chemically bleached (heavily toxic)

- 97% of wheat fibre, Vit B and iron is lost in it.
- It has high glycemic index which may cause type 2 Diabetes mellitus,
- It congests the digestive system due to lack of fibre,
- It does not helps in growth of bacteria in gut,
- It can increase LDL which may leads to cardiac diseases.

### **Cheese**

Cheese prepared from A2 cow was found to be safe. But the cheese used for fast food was prepared from A1 cow due to less cost which is unhealthy.

- One ounce of cheese contains 80 calories of energy and saturated fatty acids. consumption of high amount of cheese leads to obesity DM etc.,

### **Corn-flour**

Cornstarch is high in carbs and has high glycemic index. One cup (128gm) of corn flour 488calories and 117gm of carb s. One should consume less amount of corn flour occasionally, otherwise it may lead to sudden increase in blood sugar level on intake. Regular intake of it leads to insulin resistance and finally manifest Diabetes mellitus.

### **Cooking oil**

The cooking oil used for fast food almost is of cheap quality to save the cost. Re use of cooking oil is widely practiced in the preparation of junk foods. Repeated heating of cooking oil causes oxidative degradation of lipids, forming hazardous reactive oxygen species and depleting the natural antioxidant contents of the cooking oil. Long-term ingestion of foods prepared using reheated oil could severely compromise one's antioxidant defense network, leading to pathologies such as hypertension, diabetes and vascular inflammation.

### **Non-vegetarian**

The most common type of chicken used in hotels, restaurant and fast foods is broiler chicken due to its less cost. The broiler chicken is fed with dangerous injection, developmental hormones to enhance meat production and gain weight. Eating these type of meat leads to certain health problems such as Weight gain, male infertility, heart problems and onset of adolescence in women etc.,

### **Preservatives**

Preserved vegetables and fruits are more convenient to use when fresh items aren't available. Nowadays mostly all the food products have preservatives. It has been reported that chemicals which are used as preservatives have side effects. Nitrates and Nitrites are suspected of causing stomach cancer Benzoates have been suspected to cause allergies, asthma and skin rashes. Reactions to sorbates are rare, but have included reports of urticaria and contact dermatitis The reaction of preservatives can be very mild to life-threatening. It is best to eat a preservative-free diet if at all possible.

### **Processed food or pre-cooked food**

Almost all the fast foods are "Processed food" that has been cooked, canned, frozen, packaged. Minimally processed foods like bagged spinach, roasted nuts.

Heavily processed food like canned tomatoes, chips, nuts which are ready to use contain more amount of sugar, sodium and preservatives than requirement.

#### **Hygiene aspect**

Fast food is available in less cost for which cleanliness is almost compromised during the preparation and serving place which is a huge source of bacterial infection for GI tract like Cholera, gastroenteritis etc.,

#### **Hazards of fast-food on Human health**

The fast foods which has lots of sugar and carbs produces acids which damages tooth enamel causes dental cavities. Today, more than 2 in 3 adults in the United States Trusted Source are considered overweight or obese. More than one-third of children ages 6 to 19 are also considered overweight or obese.

#### **Respiratory system**

Extra calories may cause obesity which can cause shortness of breath and wheezing etc.,

#### **Cardiovascular system**

Fried foods contains trans fats which increases LDL cholesterol can cause High Blood pressure and increases the chances of Stroke or MI.

#### **Digestive system**

Most fast food are loaded with carbohydrates with little to no fiber releases more amt of sugar into blood stream causes insulin resistance and constipation due to lack of fibre content. The combination of fat, sugar, and lots of sodium (salt) can make fast food tastier to some people. But diet high in sodium can lead to water retention, may feel puffy, bloated, or swollen after eating fast food.

Fast foods are not only fiber deficient but void of micronutrients and phytochemicals as well- these foods are also associated with colon and rectal cancers.

AHA recommends adults eat no more than 2,300 milligrams Trusted Source of sodium per day. One fast-food meal could have half days' worth. Effects of fast

food on Reproductive system The ingredients in junk food and fast food may have an impact on your fertility. One study found that processed food contains phthalates. Phthalates are chemicals that can interrupt hormones balance in body. Exposure to high levels of these chemicals could lead to reproductive issues like PCOS, including birth defects. Effect on skin The foods we eat has impact on skin's appearance, but it might not be the foods we suspect. In the past, chocolate and greasy foods like pizza have taken the blame for acne breakouts, but it's carbohydrate which causes spike in blood sugar level leads to acne burst outs. Children and adolescents who eat fast food at least three times a week are also more likely to develop eczema according to one study. Eczema is a skin condition that causes irritated patches of inflamed, itchy skin. Influence on bonding The regular family dinner is the time to relish mother's hand food, share joy and sorrow of life with family members where as it has been gradually replaced by fast-food which is dined outside makes to loose bond with family members which may lead to many misunderstandings. It may be a cause for anxiety and depression for even small fights in youngsters.

#### **Articles related to impact of fast food on health**

Weibo et al, conducted a prospective study to prospectively examine the association between pre-pregnancy fried food consumption and risk of incident gestational diabetes mellitus (GDM)

Frequent fried food consumption, particularly away from home, was significantly associated with a greater risk of incident GDM. Published in the Public Health Nutrition journal, the results reveal that consumers of fast food, compared to those who eat little or none, are 51% more likely to develop depression.

In other words this means that "the more fast food you consume, the greater the risk of depression," explains

Almudena Sánchez-Villegas, lead author of the study, to SINC.

### Discussion

Fast food is not only the street foods. but also substandard food offering in hotels, restaurants, food caterings services. The ingredients which are used as a base like Maida, corn flour, preserved vegetables have serious bad impact on health are described above. Reusage of previously remained food is harmful to health. Nowadays most of young adults entirely depends on catering outlets or home delivery system for their food. This practice of taking substandard food may be a reason for early manifestation of diseases like diabetes, Hypertension, PCOS in females in adults. The baking soda used in preparation of fast food makes the people to eat less which makes to deprive of proper nutrition. Most of foods preserved for long time may become fermented. Lack of fibre content in some menus offered in hotels and restaurants causes daily constipation daily. Frozen food is a part of diet even at home. The food preserved for long duration losses its nutritional value and it may become toxic in some situation. Fast food has significant poor nutrition which is a causative factor for all life style disorders like Obesity, Hypertension, PCOD, at hero sclerosis, early occurrence of systemic disorders like DM, psycho logical disorders like anxiety, depression among youngsters and makes the society unhealthy. Ayurveda says “Medicine also does not works to improve health if the diet is not proper”. Hence an attempt has been made to collectively know the health hazards caused due to fast food.

### Conclusion

Though Fast food is becoming widely popular for its quick availability, better taste and less expensive to home cooked food. Even though some population do not get time to cook food, they should be well aware of

adverse effects caused due to unhealthy food habits. In the current scenario, the whole world is becoming an hospital. Because every home has one or more diseased patient. With evolving population, science and technology, life style diseases are also increasing simultaneously with the poor quality of life. So each individual should be aware of prons and cons of food chosen by them as well as try to choose standard and fresh raw food materials for their better health.

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