



REVIEW ARTICLE

FAST FOOD AND HUMAN LIFE

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INTRODUCTION

Food is fuel for our body. It has a direct impact on our overall health. Department of agriculture reports that one or more fast food meals per week are associated with obesity and significant overweight conditions and other ill effects.

Evolution of Fast Food

Evolution of fast food begin in England, since the England people where the first to go for job in outside place, so there was a need for fast and furious availability of foods .To save time, they need food in a preferable time, so there was an increase in the number of fast food restaurants .And this increase occurred in a competitive way.In 17th century coffee houses emerged. Mc Donald's was believed to be the first restaurant.

Definition of Fast Food

“An informal term applied to some foods, which are preserved to have little or no nutritional value”.

Junk Food

Pre prepared or packed food that has low nutritional value with high calories or something that is appealing or enjoyable but of little or no value

Types of Junk Foods

1. Fast foodsEg: Burgers, Hamburger Chilli, Deep Fried Cheese Stick etc
2. Street foods Eg: Baji, vada, samosa etc
3. Processed foodsEg: Frozen French fry, cake etc
4. Instant foods Eg: Corn flakes, sop powder etc

Causes For Ill Effects of Fast Food

1. High amount of fat: fast food contains more amount of saturated fat
2. High energy content: it contain more amount of calories
3. High salt and sugar
4. Injurious chemicals like aginomoto, tar, and coloring agents

Ill Effects of Fast Food

During Pregnancy

- Increased Blood Pressure: -The sauces contain enormous amount of salt which will fluctuating the blood pressure. It could also cause swollen feet due to water retention in the body.
- Constipation: -The fast food items like pizza base or dough nut does not have whole fiber. So they causes more chance to get constipation.
- Termination of pregnancy: -During pregnancy putting pressure on the bowel movements may rupture fetal bag resulting in termination of pregnancy.
- Decreased Nutrition to Mother and Baby: -Fast foods has limited vegetables or meat, the major portion will be fattening, less nutrient cheese which affect nutrient intake of baby and mother.
- Gestational Diabetic Mellitus: -The fast food contain carbs will breakdown to form high sugar level in blood which leads to the gestational diabetic mellitus.
- Mood Swings: -The high sugar food is known to cause mental irritations.

On Family

- The introduction of fast food and ultimately the commodification of food decreased the family interaction.

- Less communication between the family members, if not sitting at the dinner table or concentered in a familial fashion.
- Weaken the social and familial bonds.
- Attrition of tradition; when the families cook, they pass down information from previous generations. But with the commodification of food these traditions fade and sometimes die.
- Fast food facilitated meal preparation time and provided cheaper meals, but have impacted family dynamics and an unhealthy nation also.
- The fast food reinforces the simple solution of a quick meal, snack or dinner to keep the kids mouth rather satisfied.

On Society

- Fast food restaurants are very convenient and seem cheap at time,so our society have seemed to have gone overboard on the amounts of fast food we consume.
- Fast food restaurants are expensive,but when you get many meals each day and week, the amount adds up very quickly turning to another negative effect it has on society.
- People are spending their lives just because of convenience and taste. Children are also raised to follow the same practices leads to chances of childhood obesity.

On Culture

1. The fast food culture become early as the industrial revolution; a large workforce was forced to work for more hours each day. With so much of work to be achieved, fast food was the idea of a quick and simple lunch.
2. During period of time, with a growth in the amount of nuclear families, economic growth and increasing per capita income in addition to globalization fast food culture gained prominence.
3. Fast food become a time saving alternative o cooking.
4. Certainly Indians allows a taste for western style fast food but they have different sensitivities.

On The Body

- Extra calories: the foods are often high in calories
- Childhood obesities
- Insulin resistant: the fast food and drinks are loaded with carbohydrate and calories. The high intake of carbs cause blood sugar spike and frequent spike causes insulin resistance
- High blood pressure: this is due to the high salt content and cardiovascular system changes
- Bloating and puffiness: due to too much amount of the sodium
- Shortness of breath associated with obesity.
- Depression: due to the central nervous system changes.
- Dental distress: fast food high in carbs and sugar causes dental distress

- Blood sugar spike: digestive system brakes carbs down to high amount sugar
- Weight problems: it due to the consumption of high calorie and cholesterol contain fast food
- High cholesterol: trans fats are a manufactured fat with no extra nutritional value. They are considered so unhealthy. Trans fat and known to raise the LDL cholesterol level. They are also lower HDL cholesterol. Cholesterol is leading to obesity and heart diseases.
- Hard on heart: due to cardiac diseases there will be increased workload to heart
- Headache: headache is due to the action of fast food on central nerves system
- Acne: due to the intake of fast food like chocolate and greasy foods. Because of foods that are high in carbs increases blood sugar level.

Reason For Consuming Fast Food

- **Easing anxiety**:- Increased stress levels cause the body to expend more energy, stimulating hunger for calorie-dense sustenance and driving people to eat fatty, sugary junk food. High levels of anxiety also cause people to seek out junk food as a means of comfort.
- **Suffering from lack of sleep**: - When sleep is restricted, the primal reward centre of the brain becomes more active while executive functions of the frontal lobe become moresuppressed. This effectively diminishes willpower, making people more likely to seek out foods high in fat and sugar, which are logically poor choices that trigger the reward centre.
- **Inexpensive**: -We can include fast food within our budget and it save money.
- **Tasty**: -Fast foods are available in different tastes, flavours and varieties. So it is one of the reason for choosing fast food in our diet.
- **Developing addiction**: - Binge eating foods high in sugar or fat results in neurochemical changes in the brain similar to those that develop in drug addiction.
- **Choosing convenience**: - Busy schedules often diminishes the amount of time people have to prepare healthy, nutritious meals, so the option for faster, easier options. Whole foods such as vegetables and meat take time and kitchen equipment to cook properly, while fast food are usually served within minutes of ordering.

Advantages of Fast Foods

- Saves time
- Cost effective
- Food chains are very accessible
- Fast food chains offers comfort food
- On the go meals
- Variety in food

Disadvantages of Fast Foods

- Non nutritious
- High in cholesterol
- Reduces quality time
- Lower quality foods
- Unhealthy food choice

- Bad eating habits in foods

Measures Toquit Fast Food From our Diet

1. Keep healthy snacks on hand
2. Throw away your junk food.
3. Stock kitchen with healthy food.
4. Drink more water during the day
5. Cooked at home.
6. Make our own version of fast food varieties.
7. Making brown bag lunches appealing.
8. Get enough sleep.
9. Visualize rewards.
10. Visualize consequence.
11. Tell a friend about our commitment.
12. Learn to think critically about food advertisement
13. Learn about healthy cooking techniques.
14. Start an exercise
15. Postpone, don't deny your cravings
16. Choose healthy snacks
17. Don't go shopping on an empty stomach.

Nurses Role in Quitting Fast Food

School health services

- Display posters that encourage students to eat healthy food, as a way of coping with the craving to fast food.
- Educate students that ingredients in the fast food have similar addictive effect like alcohol and cigarette.
- Make experience about ill effects of fast food
- Conduct student to student teaching program

CONCLUSION

Fast food consumption increases day by day, its consumption has been linked to a number of different disease conditions. Some of these diseases may lead to permanent disability or even death. It is important for the people to be aware of the risk related to consistent consumption of fast foods. A person can restrict the health risks associated with eating fast foods by making smarter choices. Self-control and individual responsibility stands first to make strong decision to quit junk food from our diet.

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