



“EFFECT OF FAST FOOD ON ADOLESCENT’S HEALTH”

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Abstract-

Foods that are high in calories but low in nutrients, also referred to as junk food, are more readily available than ever. Young people are constantly presented with harmful fast food options, which can cause them to develop lifelong eating patterns that are challenging to change. In this essay, we examine the scientific data supporting the immediate and long-term negative effects of eating fast food on human health.

Keyword- Effect, fast food, health.

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Introduction

The obesity pandemic that the world is currently experiencing puts people at risk for chronic diseases like heart disease and diabetes. Obesity is a disorder where having too much body fat increases the chance of health issues. Despite the fact that junk food can contribute to obesity, our fast-paced lifestyles have made it a part of our daily lives. When you balance school, sports, and spending time with friends and family, life can get very busy. Junk food businesses produce food that is good, convenient, and inexpensive, thus it has mostly replaced making and eating wholesome homemade meals. Fast food items like burgers, fried chicken, and pizza are examples of junk food, as are packaged items like chips, biscuits, and ice cream, as well as fatty meats like bacon and sugary cereals. Usually, these are heavily processed foods.

A raw agricultural product that has been washed, ground, cleaned, and/or cooked further, indicating that the food was prepared in numerous steps with the goal of making it palatable and easy to consume too much of. Unfortunately, junk food is high in calories and energy but low in the essential nutrients like proteins, vitamins, minerals, and fiber—that our bodies need to develop and stay healthy. It is disturbing that among Australian youths between the ages of 14 and 18 more than 40% of their daily energy comes from these items. Junk food is another term for discretionary food. According to Australian dietary recommendations, there are some foods and beverages that are "not needed to meet nutrient requirements and do not belong to the five food groups" but may offer diversity to a person's diet. These five food groups are grains and cereals, vegetables and legumes, fruits, dairy and dairy substitutes, and meat and meat substitutes, according to the dietary recommendations of Australia and many other nations.

Junk food firms frequently use cunning advertising strategies to target young people, showing our heroes and symbols endorsing unhealthy meals. In Australia, a significant fast-food company sponsors cricket, one of our favourite sports. The bodies of professional athletes, such as cricket players, are not fueled by fried chicken, hamburgers, and fries! A study found that commercials for cakes, cookies, and ice cream were the most often seen foods among adolescents aged 12 to 17 who viewed over 14.4 million food advertisements in a single year on well-known websites. Another study that looked at kid-friendly YouTube videos found that 38% of all advertisements contained food or drink, and

56% of those food advertisements were for junk food.

What Takes Place in Our Bodies Soon After Eating Junk Foods?

Three main nutrients carbohydrates, proteins, and fats make up food. Additionally, food contains vitamins and minerals that promote sound health, development, and growth. During our teen years, getting the right nutrition is crucial. But when we eat junk food, we consume a lot of carbohydrates, proteins, and fats that the body absorbs very quickly.

Vegetables, fruits, grains, legumes, nuts, and seeds—foods from the five dietary groups—all include fibre, a healthy carbohydrate. Fibre helps to maintain a healthy digestive system and prolongs feelings of fullness by delaying the emptying of the stomach. Because junk food frequently lacks fibre, eating it causes our energy to decline and our hunger to rise more quickly.

Concentration levels can be improved by eating foods like walnuts, berries, tuna, and green vegetables. This is crucial for young minds that have a lot of schooling to complete. The majority of top athletes eat these meals! On the other side, eating junk food can make it difficult to focus. Eating junk food can cause swelling in the area of the brain that plays a significant memory-related role.

Effects of Junk Foods over Time

There may be a number of long-term effects on health if we consistently consume junk food over a period of weeks, months, or years. High saturated fat, for instance a type of fat that is frequently consumed from meats like beef, chicken, and pork and which usually encourages the body to produce "bad" cholesterol. Consumption is closely related to elevated blood levels of bad cholesterol, which can be an indication of heart disease. Respected investigations have revealed that young people with lower overall cholesterol levels eat less saturated fat.

Regular junk food eating can also increase the chance of developing illnesses including hypertension and stroke. High blood pressure is another name for hypertension, and a stroke is brain damage brought on by decreased blood flow, which deprives the brain of the oxygen and nutrition it requires to thrive. The excessive salt and cholesterol content in fast food can lead to hypertension and stroke.

Additionally, consuming junk food can cause the production of the "happy hormone," dopamine, which makes us feel good. Dopamine is a

hormone that is generated when the brain anticipates a reward and is linked to enjoyable behaviours like eating and shopping. This can make us crave more junk food to feel the same way again. Too much junk food consumption can also lead to constipation and teeth disease in the long run. For instance, soft drinks' high sugar and acid content can erode the enamel's protective layer, leading to tooth disease.

Good Health Tips

Consider how processed a food is when determining whether it is a junk food. When we consider foods in their complete and unaltered states, such as a fresh tomato, a grain of rice, or freshly squeezed cow's milk, we can begin to envision the number of processes required to convert that whole item into something that is ready to eat, tasty, practical, and has a long shelf life.

According to Australian dietary recommendations, boys should consume 8,200–9,900 kJ/day, or 1,960–2,370 kcal/day, while girls should consume 7,400–8,200 kJ/day, or 1,770–1,960 kcal/day. Of course, your energy requirements increase as your physical activity level increases. Just keep in mind that while occasional consumption of junk food is acceptable, it shouldn't account for more than 10% of your daily caloric intake. This might be a quick snack throughout the day, such a little muffin or a few chocolate squares. This might include consuming no more than two fast-food meals per week. The five food groups should make up the remaining 90% of your diet.

Summary

We can conclude that junk food is delectable, inexpensive, and practical. This makes it challenging to control how much junk food we consume. However, there may be detrimental effects on our health if junk food becomes a regular part of our diets. We should aim for meals with modest amounts of sugar and salt, whole grains, vegetables, and fruits, as well as calcium- and iron-rich foods. Strong bodies and brains are aided by a diet rich in healthy foods. Individually, based on our eating preferences, or through governmental regulations and health promotion initiatives, we can limit our intake of junk food. Governments are necessary to stop fast food chains from marketing to young people and to assist us in replacing fast food joints with alternatives that are healthier.

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