

## Chapter 1 : 6 Negative effects of fast food

*Fast food once in a while is totally fine, but making a habit out of it can lead to a range of health issues. Learn about fast food effects on your different body systems. Newsletter.*

Several research studies have shown that fast foods and processed foods have increased childhood obesity, heart disease and diabetes and other chronic diseases. Recently, the Delhi Government demanded a crackdown on junk food that is sold in schools and within 50 meters of them. Not only do they add inches to your waistline, but scientists and researchers have also indicated through various studies that junk food can actually cause serious damage to your brain. Smith defines junk food as, "those commercial products, including candy, bakery goods, ice cream, salty snacks, and soft drinks, which have little or no nutritional value but do have plenty of calories, salt, and fats. While not all fast foods are junk foods, most are. Fast foods are ready-to-eat foods served promptly after ordering. You know that junk food can hurt your health, but you may have not known about the effects of junk food on how your brain functions. It can cause memory and learning problems. A study published in the American Journal of Clinical Nutrition in showed that healthy people who ate junk food for only 5 days performed poorly on cognitive tests that measured attention, speed, and mood. It concluded that eating junk food for just five days regularly can deteriorate your memory. This probably stems from the fact that a poor or toxic diet can cause certain chemical reactions that lead to inflammation in the hippocampus area of the brain which is associated with memory and special recognition. Diets that are high in sugar and fat can suppress the activity of a brain peptide called BDNF brain-derived neurotrophic factor that helps with learning and memory formation. Moreover, the brain contains synapses which are responsible for learning and memory. Eating too many calories can interfere with the healthy production and functioning of these synapses. Increases the risk of dementia This has been one of the scariest discoveries associated with the consumption of junk food. You may know that insulin is produced in the pancreas and helps in the transportation of glucose to fuel the body. Insulin is also produced in the brain where it helps in carrying signals between nerve cells and forming memories. A study conducted at the Brown University shows that too much fatty food and sweets can substantially increase the insulin levels in our body. Just like in the case of Type 2 Diabetes, with higher levels of insulin, the brain stops responding to this hormone and become resistant to it. This can restrict our ability to think, recall or create memories, thus increasing the risk of dementia. Researcher Suzanne de la Monte, M. Lessens its ability to control appetite Excess consumption of trans fats found in fried and processed foods can send mixed signals to the brain which makes it difficult to process what you have eaten and how hungry are. This is probably why you end up overeating. Healthy brain functions require a daily dose of essential fatty acids like omega-6 and omega Deficiency of these two elements increases the risk of attention deficit disorder, dementia and bipolar disorder and other brain-related problems. Over consumption of junk food may displace these with trans fats which are harder to digest. A study shows that trans fats may cause inflammation in hypothalamus, the part of brain that containing neurons to control body weight. In worst scenarios, the habit of overeating can be similar to drug addiction to an extent that relying on junk foods may activate the pleasure centres of the brain greater than receiving drugs. It can cause chemical changes that can lead to depression A lot of studies have shown that eating foods high in sugar and fat actually changes the chemical activity of the brain making it more dependent on such foods. A study conducted at the University of Montreal on mice showed that they suffered with withdrawal symptoms after their regular junk food diet was discontinued. In humans, these withdrawal symptoms can lead to the inability to deal with stress, make you feel depressed and eventually you would turn back to those foods to comfort yourself and handle these feelings. Soon, you may be caught in a vicious cycle even before you know it. Also, by consuming too much fast food you may lose out on essential nutrients like amino acid tryptophan, the lack of which can increase feelings of depression. An imbalance of fatty acids is another reason why people who consume more junk food are at a higher risk of depression. It makes you impatient and can cause uncontrollable cravings Eating a sugary cupcake or doughnut may temporarily spike your blood sugar levels making you feel happy and satisfied but as soon as they return to normal you are left feeling all the more

irritable. Fast food is packed with refined carbohydrates which cause your blood sugar levels to fluctuate rapidly. If your sugar levels dip to a very low level, it can cause anxiety, confusion and fatigue. With high content of sugar and fats, you tend to eat too fast and too much to satisfy your cravings. This can inculcate an impatient behaviour while dealing with other things. Fast foods and processed foods may be laden with artificial flavourings and preservatives like sodium benzoate that tends to increase hyperactivity. Comments Fast foods are specially designed to be addictive in nature with high levels of salts, sugars and fats that make you crave them. The addictive nature of fast food can make your brain crave them even when you are not hungry.

## Chapter 2 : Fast Food Nutrition: Junk Food's Effect On Your Body / Nutrition / Healthy Eating

*The Effects Of Fast Food On The Body Effects of Fast Food on the Body. Food is fuel for your body and has a direct impact on how you feel as well as on your overall health.*

Eating foods that contain it can increase your LDL bad cholesterol , lower your HDL good cholesterol , and increase your risk for type 2 diabetes and heart disease. Restaurants may also compound the calorie-counting issue. Sodium The combination of fat, sugar, and lots of sodium salt can make fast food tastier to some people. But diets high in sodium can lead to water retention , which is why you may feel puffy, bloated , or swollen after eating fast food. A diet high in sodium is also dangerous for people with blood pressure conditions. Sodium can elevate blood pressure and put stress on your heart and cardiovascular system. According to one study, about 90 percent of adults underestimate how much sodium is in their fast-food meals. The study surveyed adults and found that their guesses were six times lower than the actual number 1, milligrams. This means sodium estimates were off by more than 1, mg. Keep in mind that the AHA recommends adults eat no more than 2, milligrams of sodium per day. Excess calories from fast-food meals can cause weight gain. This may lead toward obesity. Obesity increases your risk for respiratory problems, including asthma and shortness of breath. The extra pounds can put pressure on your heart and lungs and symptoms may show up even with little exertion. For children , the risk of respiratory problems is especially clear. One study found that children who eat fast food at least three times a week are more likely to develop asthma. Effect on the central nervous system Fast food may satisfy hunger in the short term, but long-term results are less positive. Effect on the 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 how hormones act in your body. Exposure to high levels of these chemicals could lead to reproductive issues, including birth defects. Carb-rich foods lead to blood sugar spikes, and these sudden jumps in blood sugar levels may trigger acne. Discover foods that help fight acne. 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. Effect on the skeletal system bones Carbs and sugar in fast food and processed food can increase acids in your mouth. These acids can break down tooth enamel. As tooth enamel disappears , bacteria can take hold, and cavities may develop. Obesity can also lead to complications with bone density and muscle mass. People who are obese have a greater risk for falling and breaking bones. Effects of fast food on society Today, more than 2 in 3 adults in the United States are considered overweight or obese. More than one-third of children ages 6 to 19 are also considered overweight or obese. The growth of fast food in America seems to coincide with the growth of obesity in the United States. The number of obese Americans has also more than doubled. Despite efforts to raise awareness and make Americans smarter consumers, one study found that the amount of calories , fat , and sodium in fast-food meals remains largely unchanged.

## Chapter 3 : 13 Effects Of Fast Food On The Body

*Fast food costs relatively little and tastes good, but the negative effects on physical health last much longer than these immediate concerns. With the high-calorie meals come more fat, cholesterol, salt and sugar -- and therefore fewer vitamins, minerals and other nutrients -- than in healthier foods.*

Hamburger and french fries from a fast food restaurant. With the high-calorie meals come more fat, cholesterol, salt and sugar -- and therefore fewer vitamins, minerals and other nutrients -- than in healthier foods. The health problems that stem from overweight and obesity alone can severely limit lifestyles and shorten life spans. Video of the Day Atherosclerosis Fast foods contain high amounts of cholesterol and salt, two nutrients that contribute to cardiovascular health problems. Centers for Disease Control and Prevention report a direct link between sodium intake and negative effects on blood pressure, and note that Americans consume most of their sodium in processed and restaurant foods. For instance, the USDA lists the sodium content of a biscuit, egg and sausage breakfast sandwich at 1, milligrams and cholesterol at milligrams. As with eating too many salty foods, getting too much cholesterol can cause plaque build-up in the arteries, or atherosclerosis. This condition can lead to stroke, heart attack and death. A healthy diet that includes more whole grains, fruits and vegetables can help you avoid the health problems associated with atherosclerosis. Diabetes Many drive-through foods and drinks have high sugar content, including chocolate shakes, 62 grams of sugar, and colas, 44 grams, in oz. Fast food coleslaw, French toast sticks and even cheeseburgers contain significant amounts of sugar. Regularly consuming too much sugar can have permanent negative effects on your blood sugar levels. Diabetes requires daily medication to treat blood sugar imbalances. Serious complications include glaucoma, hearing loss, kidney disease, high blood pressure, nerve damage and stroke. To reduce your risk for diabetes, the American Heart Association AHA suggests ordering beverages such as water, reduced-fat milk or diet soft drinks. Obesity Fast foods are loaded with fat and calories. Ordering without restraint will have negative effects on your weight as you routinely take in more calories than you can expend. Hamburgers with multiple beef patties, cheese, bacon and mayonnaise may exceed the 65 milligrams fat limit recommended by the USDA for the whole day. The Office of the Surgeon General reports that obesity increases the risk for potentially fatal heart disease, diabetes and some cancers, as well as sleep apnea and asthma. Health problems such as arthritis and pregnancy complications are also more likely in obese individuals. The AHA advises maintaining a healthy weight by avoiding deep-fried and jumbo-portion dishes.

*And when fast food frequently replaces nutritious whole foods in your diet, it can lead to all sorts of bad health outcomes. Derailing your weight loss goals is just one. Here are 20 things you can expect a fast-food diet to do to your body in a relatively short amount of time.*

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### Chapter 5 : How Fast Food Affects You Negatively | Healthy Eating | SF Gate

*While, all fats provide 9 calories per gram, monounsaturated fats and polyunsaturated fats can have a positive effect on your health, when eaten in moderation. The bad fats - saturated fats and trans fats - can negatively affect your health.*

It will make you gain weight, but the trend was found higher obesity. Further, a third of fast food on the market contains more than 1, calories. A number of calories you need each day depends on the load on the body, age, sex. The adult woman needs 1, to 2, calories and the man needs 2,, the elderly often to 3, calories each day. Consuming excess calories can lead you to the risk of unhealthy weight and health conditions related to weight. In reality, there are many cases surgical removal of fat. This is actually the very first one on the list of common negative effects of fast food on human body that you should know and thereby you can give up on fast food easier. **Affect Insulin And Type 2 Diabetes:** Consuming fast food for a long time can increase the risk of diabetes type 2. Researches show that people eat fast foods at least three times a week can increase 9. Insulin resistance occurs when the hormone insulin does not modify blood glucose levels properly. This is the significant negatives effects of fast food on your body. **Contribute To Depression And Addiction** Depression and addiction seem to be the most dangerous negative effects of fast food on your body. The researchers also provide additional information that fast food can lead to depression. Also much demonstrate that eating fast food can be addictive and you feel uncomfortable and thrill when stop eating them. **Cause Obesity And Cardiovascular Disease:** The majority of fast food is high in fat and little or no fiber such as fruits and vegetables. Fruits and vegetables help balance a meal high in fat, reduce but not eliminate the adverse effects to the blood vessels. According to research by Dr. Gary Plotnick a cardiologist at the University of Maryland Medical Center, within hours after eating a high-fat meal, the blood vessels will not operate abnormally. This is one of the most negative effects of fast food on the human body that people should learn and make use as soon as possible for good. **Increase Risks Of Digestive Diseases:** A few lettuce leaves and cucumber pickled tuber steak served with could not provide a sufficient amount of fiber and minerals needed for the day. Moreover meat to fried in cooking oil at high temperatures so these valuable vitamins decompose quickly make more and more fast food diets rich in energy that lacks vitamins and fiber. Diet rich in protein, vitamins and minerals at the fast food will increase diseases related to the digestive system, especially colorectal cancer and small bowel cancer. In brief, this is considered one out of the most serious negatives effects of fast food on the human body that people should watch out carefully. The fried food, often contains too much oil. This is the last but very significant negatives effects of fast food on your body that you should learn to know more about food. There are a lot of industrial foods like cold cuts, hot dogs, bacon, sausages, omelets which come with a lot of common negative effects of fast food on the human body. The ingredients used in fast food contain high levels of salt and preservatives. If using multiple fast foods, it will put on the body salt and preservatives that are harmful to high lead to heart, kidney, and blood pressure. On the other hand, one kind of fatty acids that is produced during processing to create the crunchy taste of fast foods can adversely affect health affect the cardiovascular function, pancreatic function, increase the risk of diabetes.. The simple quick dishes are often belong to the non-food varieties. On the advice of nutrition experts, each meal should have 4 food groups groups of starch, protein group, fat, and vitamins and minerals with 15 different food combinations. In ordinary, fast foods and industrial processed foods have fewer trace elements and minerals. Therefore, fast foods are often inadequate and imbalance in nutritional values , not to mention the problems of food safety. Fast food eating habits will make young girls neglect home cooking, housework, family meals which are important parts of their family happiness later. In some developed countries, people used to eat fast food and high-fat foods, energy lead to the high proportion of overweight and obesity the Netherlands, United States. It already has programs, campaigns TV to reduce eating fast food, eat more vegetables and enhanced physical activity. However, there are several other food choices that are tasty, convenient but can also ensure better health, beauty, and preventable diseases. So you should make use of fast food just when you are really busy and lack time. Remember not to eat them regularly, lasting several days to reduce the negative effects of fast food on your body. A traditional meal with a variety of fresh foods

will bring to you good health, better look, and also help to prevent diseases due to poor diets. After reading 6 negative effects of fast food, showing the reasons why people should reduce the daily consumption of this food stuff, one more thing you should do is to spend time reading the List Of Fast Food Items That Contain Calories Or More. Why do I recommend you to read it? The reason is very simple. After giving people the disadvantages fast foods bring to human health, certainly the next thing I want to do to support my precious ideas thinking that will be necessary for readers to learn is to show them clearly what fast foods are the worst ones to avoid on the very first step. Depending on the calories contained in fast foods, I believe that these super-high-calorie foods will be on top of those you should avoid first. If you have any questions, do not hesitate to leave your comments or feedbacks below. I promise that I will reply you as soon as possible. Related articles about healthy foods for certain purposes:

## Chapter 6 : This website is currently unavailable.

*Running Head: Health Effects of Fast Food Health Effects of Fast Food in our Current World Abstract The prevalence of fast food in today's society may be affecting more than just people's eating choices; it can also affect the economy.*

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## Chapter 7 : How Does a Diet of Fast Food Impact the U.S. Health Care System? | Healthfully

*Fast food nutrition should make up a minimal part of a healthy diet. Fast foods and junk foods are high in fat, sodium and sugar, which can lead to obesity and a range of attendant health problems, including diabetes, heart disease and arthritis. Here are the facts about how excessive junk food.*

## Chapter 8 : Mental Effects of a Fast Food Diet | Healthfully

*Fast food may be convenient and delicious, but it's also over-processed and loaded with sodium, preservatives and lots of fat. Eating fast food more than once or twice per month can lead to physical problems due to weight gain, but it can also affect your mental health.*

## Chapter 9 : What Are The Health Risks Of Fast Food?

*Today, the majority of people in most of the developed world get more than half their calories from processed, fast, and fake foods. The fast food health risks are shocking. And it's only getting worse. The global fast food market is growing.*

*And the demand for packaged foods is predicted to.*