



Junk food and its impact on Health

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ABSTRACT

Food is the important part of every life, it is important that what nutrient we have to take that is good or bad for our health. As more individuals throughout the world enjoy eating fast food, the number of fast food chains is growing. Globally, junk foods are popular stuff, and consumption is increasing constantly. Traditional foods have been nearly replaced by food items that can be found in a state of ready to eat, in canned form, and preserved for a long time. The consumption of such foods has peaked in developed countries; however, there is an increasing trend in the developing countries of the world. Despite the fact that all age groups are significantly affected by its detrimental health effects, children and adolescents are particularly vulnerable. It might result in obesity and be a risk for a Non Communicable diseases (NCDs) like cancer, diabetes, high Blood Pressure, heart ailment, and others. We searched websites and online database. We included the articles that provide some information regarding how to conduct for review. We extracted some study summary and recommendations. Consumption of junk food may lead to a high prevalence of obesity, diabetes mellitus, hypertension, and coronary heart disease. It is a high time for people to control those toxic food and select better food which can lead for healthy life. It is necessary to find out the real scenario of knowledge of people regarding junk food consumption in different part of region so that Government could carefully regulate and control advertising practises and exaggerated health claims made by junk food producers.

Keywords: *Junk food, fast food, impact, health, NCDs.*

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INTRODUCTION

Food is the important part of every life it is important that what nutrient we have to take that is good or bad for our health. In our daily life, according to age the food are distributed now a days that is light food is prefer for the old age people and healthy and heavy food is prefer for the adult and in adolescent age the children are most likely to take fast food or junk food. The term junk food was first coined as slang in public interest in 1972 by Michael, Director of centre for sciences, Washington DC [1].

As more individuals throughout the world enjoy eating fast food, the number of fast food chains is growing [2]. Vitamins help us maintain excellent health, stave off sickness, support healthy development, make the most of our energy, and maintain physical fitness [3]. Vitamins, minerals, fibre and amino acids are low or lacking in fast food, but have high energy (calories). Fast food has been discovered to have an energy density that is more than double what is advised for youngsters daily [4]. In the circumstance of the global economy, fast food is a universal phenomenon. Fast food does not contain the nutrients which are required to sustain our body health. Therefore these foods that have low nutritive value are considered injurious to health and may be named as junk food. Elder people are more fascinated about healthy foods as compared to adolescents. The fast-food sector in India is rising at the rate of 40% per annum [5]. India ranks 10th in the fast food per capita expenditure data with 2.1% of spending in yearly over-all expenditure [6].

Medically it has been evidenced that the nutritional rate of fast food is less than the required amount and its consumption leads to several disorders. Also, the fast foods are key agents causing various disorders and diseases like obesity which is likely to cause heart diseases in the future. India, as we know is undergoing rapid nutritional transition. When junk foods are consumed very often, the excess fat, carbohydrates, and processed sugar found in them contributes to increased risk of obesity, cardiovascular disease, diabetes, weight gain, and many other chronic health conditions. Now, as a matter of fact few psychosocial changes in children such as the search for identity, concern for appearance and active lifestyle can have a strong impact on nutrients intake and food choices.

IMPACT OF JUNK FOOD ON HEALTH

Obesity

Obesity and the health issues that come with it are one of the main negative repercussions of eating junk food from your favourite fast food chains. Weight gain is a result of the excessive amounts of sugar, calories, and fats found in junk food. Diabetes, joint discomfort, and heart disorders are just a few conditions that can develop as a result of obesity. According to scientific study, eating processed foods, junk food increases your risk of developing type 2 diabetes [7] and heart disease.

Depression

Junk food has a lot of sugar and fat, both of which can alter the brain's chemistry and impair cognitive performance. Overconsumption of these substances might cause the body to lose vital minerals and amino acids. You may experience depression as a result of these symptoms, which might eventually make your brain unable to cope with stress. Your brain may eventually become unresponsive and weak as a result of eating certain foods. Almost 9,000 people were studied in Spain over a six-year period, and it was shown that those who consumed more highly processed foods had a 48 percent higher chance of developing depression [8].

Loss of memory and difficulties learning

People who consume junk food do poorly on cognitive tests. These meals may cause a fast onset of inflammation in the hippocampus, a region of the brain involved in memory and recognition. Studies published in the American Journal of Clinical Nutrition show that consuming junk food constantly for even five days might significantly harm your memory. The hippocampus, a region of the brain involved in memory, may become inflamed as a result of this hazardous diet [9].

Worsens digestion and appetite

Overeating junk food can put the brain in a difficult situation. Overeating can result from excessive sugar consumption since it can change blood sugar levels and make the brain crave more food. The body may find it challenging to digest a lot of junk food as a result. Junk food is bad for the digestive system since it slows down the digestion process and causes bloating. Fast food lacks the enzymes that the stomach requires to digest meals. The intestines need fibre and water for excretion when food is digested, but they are deficient in these nutrients, which causes poor digestion and irritable bowel syndrome [10].

Inadequate development & growth

The deficiency in vitamins and minerals is only one of the many harmful effects of consuming junk food. Vitamins and nutrients are necessary for the body's healthy growth and development. The growth of your brain and other body parts can be hampered by unhealthy eating habits, even if they only involve consuming junk food in moderation, in combination with an imbalance of fatty acids and the requirement for nutrients. Too much soda and sugar consumption can also erode bones and cause tooth decay [11].

The Top Junk Foods to Avoid in India to Maintain Your Health. [12]

The majority of the time, specific foods or components are employed to prepare our favourite junk food. Although it enhances the flavour of the dish, it may be harmful to your health.

Below is a list of some Indian culinary items

White bread

Among the foods that Indians eat most frequently is white bread. White bread is the primary source of components used in the majority of morning and evening tea snacks. Most of the nutrients are absent from white bread, which also lacks dietary fibre. Additionally, it has been seen that they significantly elevate blood sugar levels.

Fried foods

People are currently consuming 1000 times more soybean oil than they did in the early 1900s due to the proliferation of fast food outlets, which has dramatically boosted the consumption of fried meals [13]. One of the most pervasive and unhealthiest junk meals on the market is fried food. Thus, it is among the most regularly eaten meals in modern society. Several studies have looked at the connection between eating fried meals and the risk of acquiring chronic illnesses, Cardiovascular conditions, heart failure, Type II diabetes, Cancer, high Blood pressure and gaining weight [14].

Baking Supplies

Although bakery items like cookies, sweets, pastries, and cakes are undoubtedly delightful, they are also harmful. The majority of bakery goods are produced with refined sugar, flour, fat, and preservatives. As a result, these items are low in fibre and high in sugar. These foods can cause health problems such as increased body weight, decreased cholesterol, wider waistlines, depression, heart disease, hypertension and risks for strokes.

Pizzas

One of the most popular foods among both children and adults is pizza, however it is bad for your health [15]. This is due to a potential relationship between cancer and the refined wheat and processed meat used as pizza toppings, such as pepperoni, bacon, and hot dogs.

Processed Meat

Processed meat refers to meat that has been altered to enhance its quality, flavour, and shelf life, such as ham, sausages, and canned meat. Processed meat is categorised as a Group I carcinogen by the World Health Organization due to its propensity to cause cancer.

Low-fat yoghurt

Most frequently, sugar and other additions are used to replace fat in a product's fat content to preserve flavour. The proof that a low-fat diet reduces chronic inflammation is not particularly solid or trustworthy. Thus, more thorough research is required before it can be recommended as a healthy food choice.

Streamlined foods with less carbohydrates

Low-carb diets sometimes include highly processed foods like cheddar cheese crackers and pastries. Regarding these foods, there are conflicting studies. A low-carb diet may aid in controlling insulin levels, weight, and cardiac conditions, claim some studies. Other research, however, has not discovered any connection between eating foods that have undergone extreme processing and having improved health. They have not yet been identified as having a role in chronic illness.

Butter Chicken

One of India's most well-known cuisines is butter chicken. But as the name implies, it's a really fatty dish that ups your consumption of calories, fat, and cholesterol.

Samosa with kachori

Samosa and kachori are two other popular teatime snacks and enduring favourites in India. These Indian treats include a rich potato stuffing that ups the calorie count. Additionally, deep frying these treats raises your body's levels of harmful cholesterol.

Bhujia

The Indian snack known as bhujia is immensely popular all throughout the nation. It is the most typical snack food and may be found in every home. Bujias are created by deep-frying, and when gramme flour is added, it becomes even more harmful to your health. You may also estimate how many calories you ingest when you eat bhujia because one tablespoon has 78 calories.

Pani Pooori

Another popular and undoubtedly harmful Indian fast meal is pani pooori, often known as batashe. However, because to the combination of potatoes, all-purpose flour, chutney, and deep frying, it is extraordinarily high in fat. Acidity and gas are common results of this. Additionally, one of the primary causes of stomach illnesses is the unclean water used in pani pooori.

Salt in excess

Salt is a necessary nutrient that is needed for many bodily processes, including the regulation of fluid equilibrium, muscular contraction, and nerve signal transmission. Hypertension, however, can result from having too much salt in your body. High salt intake also results in microvascular haemorrhaging, which damages the inner walls of the blood arteries in the brain, increases permeability, and raises the risk of hemorrhagic stroke in addition to raising blood pressure [16, 17].

Caffeine

Consistent junk food intake causes problems with the GI system, heart, kidney, and liver. If you don't put your health ahead of your immediate taste buds, it can end up costing you dearly in the long run. Spend wisely on your health by getting yearly screenings and thorough blood testing, just as you would on food. Enjoy your meal right now and the better days that lie ahead of you. Another dietary component is caffeine, which may be found in soft drinks, coffee, and chocolate. High caffeine intake can cause tiredness, sleeplessness, high BP, headaches and depression.

Animal protein

Although foods derived from animals, such as dairy, eggs, poultry, and fish, are healthy sources of protein, excessive intake of these foods can have a serious negative impact on one's health.

Soft beverages

One of the most popular drinks that should be avoided as much as possible is one that is sugary and carbonated. These beverages are heavy in calories and sugar but lacking in nutrition. A research found that drinking sugar-sweetened drinks every day increased the risk of heart disease by 8%. Consuming too much sugar not only puts your health at danger, but it may also lead to diabetes, weight gain, dental decay, cardiovascular disease, and cancer. You can substitute homemade smoothies or flavoured water for sugary beverages.

CONCLUSION

Before developing a routine of consuming junk food, one should consider the negative impacts. Such consumption may lead to a high prevalence of obesity, diabetes mellitus, hypertension, and coronary heart disease. Despite having sufficient information of the negative effects of junk food, school-age teenagers nevertheless consume it since it is readily available and comes in convenient packaging. Government should carefully regulate and control advertising practices and exaggerated health claims made by junk food producers. To improve teenage eating habits, a suitable intervention is advised. This may help people to select better food and consumption behavior, may aware and sensitize them against the junk foods.

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