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The Impact of Fast Food on Our Life: A Study on Food Habits of Bangladeshi People

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Abstract- Food is the basic need for human beings which, provides energy to the body and protects from diseases. Today, in our diet fast food is common. Fast food is such a type of food that is prepared and served very quickly, but fast food is less nutritious as compared to traditional foods. Fast foods are immensely popular among the younger generation due to commonly available, low cost and easy to carry, but fast food has a much adverse effect on human health. The present paper discusses the reasons for popularising fast food, disadvantages, and effect on human health. The studies showed that fast food contains a high concentration of saturated fat, high calories, and high content of sodium, which leads to overweight, cardiovascular diseases, heart stroke, and diabetic Mellitus. We should keep of the public (children and adolescents) about discouragement of fast food to minimize the life style disorders. This paper represents the prevalence of fast food consumption and identifies the causes of fast food habits along with its impacts on our health.

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The Impact of Fast Food on Our Life: A Study on Food Habits of Bangladeshi People

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Abstract- Food is the basic need for human beings which, provides energy to the body and protects from diseases. Today, in our diet fast food is common. Fast food is such a type of food that is prepared and served very quickly, but fast food is less nutritious as compared to traditional foods. Fast foods are immensely popular among the younger generation due to commonly available, low cost and easy to carry, but fast food has a much adverse effect on human health. The present paper discusses the reasons for popularising fast food, disadvantages, and effect on human health. The studies showed that fast food contains a high concentration of saturated fat, high calories, and high content of sodium, which leads to overweight, cardiovascular diseases, heart stroke, and diabetic Mellitus. We should keep of the public (children and adolescents) about discouragement of fast food to minimize the life style disorders. This paper represents the prevalence of fast food consumption and identifies the causes of fast food habits along with its impacts on our health.

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I. Introduction

Eating food is essential for every person; it continues us alive and additionally gives us leisure at the same time. Food habit has been shifting over the historical periods. The phenomenon of fast food is growing in a fast pace. Fast food is any food quickly prepared and dished up, often at chain restaurants, and typically related to less expensive and less nutritious items. This food is a sort of mass-produced food designed for commercial purposes. Fast food or junk meals is described as meals which contain a lot of fat and sugars, oils, salt, excessive-calories however, it has low nutritional value and quality. The common fast foods are chicken nuggets, burgers, and fried potato cutter, canned chips, pies, pizza, tender liquids, etc. At the outset, it is called fast food because it is easy to make and consume. Those ingredients are smooth to prepare and devour. Fast food is famous due to their simplicity of manufacture, gobble, their taste, etc., but fast food influences our lives in many aspects negatively.

The ingredients in fast food are low in nutritional value and have the best laying flat on it, inflicting an effect on the fitness of the person. Fast food incorporates an excessive degree of refined sugar, white flour, trans fat, and so on. Many people like fast food as it has a delicious flavor. Fast food has unique tastes as it lets in a solid bunch of spices that make it tasty. Furthermore, due to the fact many restaurants provide transport services, the food will become easier to get at any time. Since our life becoming busy day by day, so we are going for easily made food like fast food. As the swift way of life has come to be very busy, this now controls us at paintings and home at the identical time. Economic objective play a prime position in eating fast food. There are numerous motives why human beings eat fast food while they knew approximately its dreadful outcomes on their health and family. When people consume junk foods frequently, it precedes a person to an increased risk of obesity, cardiovascular disease, and many other chronic health conditions.

Fast food has many harmful effects having long term and quick terms. The contents of the fat have an excessive cholesterol level. Excessive-calorie content material with sugar can lead to weight problems. Cholesterol and salt can increase blood pressure, stroke, and heart disorder in the chain. Excessive salt can impair the functioning of the kidney too. Junk foods pose detrimental effect to health and deteriorate the health condition if taken regularly without providing any health benefits. We should avoid eating junk foods to enjoy full health and happy life all through life.

Objectives of the Research: The present research is undertaken with a view to

- Reflecting on the current practices on taking fast foods among the Bangladeshi people
- Identifying the common reasons for having fast foods
- Finding out the impacts of junk foods on health systems

a) *Reasons for Fast Food's Popularity*

Life Style The main cause of spreading fast food is the way of life which differs between the beyond and the current in lots of exceptional factors consisting of the rhythm of lifestyles which are divided into major styles: the frenzy styles and the sedentary style. The primary fashion is the rush style, which shows how people are busy and holds their time and manner of lifestyles as a consequence. In modern life every moment is considered valuable and important. As a result, everybody look for extra time to work, recreation, or

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family. One of the time-saving methods is to use fast food services, which offer lower prices than traditional cafes and restaurants.

Time Factor Time seems to be an dominant factor in choosing fast foods in our day to day life. The fast-food addiction is so excessive because of its simplicity. They're smooth to prepare and are very tasty. People prefer to eat them at the same time as looking television; they shape themselves many hassles and time while they're in a hurry consuming pizza and burgers as they are served at their doorstep warm and ready to ingest.

Taste Factor Fast food is popular because the food tastes good. The time constraint is one reason that pushes people to consume fast food, stupendous flavor additionally, to an extent that influences them to decide for on-the-spot meals. But fast ingredients get their flavor owing to regal usage of oils, salts, and sugar. Once they stuck on fast food addiction, they find it hard to reflect on consideration on the loss of nutrients because of rapid meals.

Fast Food Advertisement Advertising is a commonly applied marketing strategy to promote fast food products and to reach out to the wider public. The nature and extent of advertisement influence people for the consumption of fast food by which influence obesity-related dietary behaviors in people. The key food marketing vehicle to reach children is television. Fast-food companies spend the bulk of their budget for publicity on it. The ad campaigns are not merely the straight type (hallway posters, free food tasting, and so on) but also involve indirect advertising (for example, including sponsors' logos on school materials).

Transportation Speedy food has a protracted shelf lifestyle and may not require refrigeration for most products like chips and wafer. The shipping of fast food is straightforward because of its packaging as compared to the person made meals. Ease of haulage and availability increase the recognition of prompt food each day. Fast food is getting more in a call for resulting in the growth of the fast-food industry, and significant number of people are coming to devour at eating places. Now with shipping hotline, human beings can just take the time to call their numbers, and the meals reach to their doorstep after 1/2 hour.

Cost Diverse kinds of fast food are available in the market, out of which the most popular, fast food or soft drinks, pizza, hamburgers, potato chips, ice-lotions, hot dogs, chow minutes, french fries, cheese chili, and many others. The price is much less as compared to healthful Food. Less value is similarly a big reason for the recognition of fast food. It's miles effortlessly handy to all instructions of the populace because of its low and appealing charge range.

A Place for Relaxation Any other crucial cause of purchasing rapid food is that restaurants are very addictive. It will be the primary vicinity, we'll reflect on consideration on while we get hungry. It is going to be a attractive hangout region, additionally with the WiFi internet routers introduced to the locality.

b) Reasons for Avoiding the Fast Food

High-Fat Content Fast food together with burgers, pizza, fried chicken, and chips will reason human beings to put on weight and overweight, being overweight is a risk to the health of the heart and causes different disease. The dark side of rapid meals is not an unknown truth. Numerous research studies have proven that quick ingredients, and processed ingredients have multiplied adolescence, weight problems, heart sickness, and diabetes and other chronic illnesses.

High Salt Content Junk has regularly had too much salt. There is lots of salt already in meals such as bread, breakfast cereals, and biscuits. So humans have become saltier than they need after they consume fast food, an excessive amount of salt is terrible for fitness. Feeding too much salt can damage your health. Over time, too much salt can contribute to high blood pressure, and it increases the chances of a stroke or a heart attack. A diet high in sodium is also unsafe for people with blood pressure conditions. Sodium can promote blood pressure and put stress on your heart and cardiovascular system.

Memory and Learning Problems Diets that are high in sugar and fats can suppress the hobby of a brain peptide referred to as MDNI (mind-derived neurotrophic issue) that allows with studying and reminiscence formation. Moreover, the brain carries synapses that are answerable for mastering and reminiscence. Ingesting too much energy can intervene with the Healthy manufacturing and functioning of these synapses.

High Sugar Content Fast food does have some precious materials that the frame needs for correct health because the body desires some salt, fat, and sugar for power to burn while we play and paintings, but too much fat, salt and, sugar is bad for health. Humans generally tend to settle their meals with the aid of consuming rapid meals to save time. By a very limited price we can fill our stomach by fast food. There are a whole lot of uses for sodium. It can be used to maintain meals, beautify its flavor, and to save you the boom of pathogens. However, sodium can motive very serious results if one consumes an excessive amount of it. It can provide us growth in blood stress and a high risk of coronary heart sicknesses.

Obesity Fast food is allied with higher body mass index, less successful weight-loss maintenance, and weight gain. Fast food reduces the quality of the diet and provides unhealthy choices, especially raising the risk of obesity. Fast food can motivate us a whole lot of horrific sicknesses like weight problems and high blood pressure. Being overweight does not most effectively

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decrease our shallowness; it can additionally increase the dangers of high blood pressure, heart disorder, stroke, arthritis, diabetes, and some varieties of most cancers.

Lack of Energy Lack of Energy is regarded as short term unfavorable effect as a consequence of ingesting rapid meals as fast food doesn't provide the crucial vitamins [like vitamins, protein, and fibers] even though they can be very much sufficing, peoples experience weakened. A recent scientific study proves that eating too much junk food doesn't only make you fat, it may also make you mentally slower or less motivated.

Excessive Cholesterol High cholesterol and heart disease are serious concerns for many people. There are many reasons for high cholesterol in our life, but fast food is one of them. It leads to cholesterol due to fast food, and diet traces liver unfavorable it finally.

Heart Diseases Fast food diet is a principal cause of heart diseases due to plaque formation in arteries, which demands heart to put in extra effort to pump blood on the downstream, on the upstream, there is lack of returning blood to the heart, this causes two damages to heart – heart fatigues due to continuous extra effort and it suffers in oxygen supply.

Low Nutritional Value The nutritional value of fast food is about one on a scale of 1 to 10, which is the least. The nutritional value is lost in the process of making the fast-food so synthetic vitamins and minerals are added to compensate it, still they are not good compared to natural vitamins and minerals. Natural photochemical are not present in fast food, which soaks up the free radicals to prevent disease.

Poor Concentration Fast food leads to substandard concentration levels when people have a sumptuous junk meal wealthy in oil. They sense drowsy and fail to pay attention. Too much dependence on junk food eating results in low blood circulation drop due to fat accumulation, lack of vital oxygen, nutrients, and protein particularly can stale their brain cells temporarily.

Highly Addictive Despite best intentions, some people may repeatedly find themselves eating large amounts of unhealthy foods, knowing that it may cause them harm. The truth is that the effects of certain foods on the brain make it hard for some people to avoid them. It acknowledges the undeniable fact that fat and sugar is as addictive as opiate and cocaine. Fast foods have a lot of hidden sugar and fat to make it addictive and also enhance the taste.

High Chemical Additives Fast food has lots of chemical additives that are not useful to the body; things are like artificial coloring and preservatives. Colour additives are added to make the food fresh, which might make the food look and taste better, but it is harmful to our bodies. Fast food is rich in fat, so the accumulation of fat can take place in bronchioles, so oxygen supply tends to be reduced in the body, which can cause some respiratory disorders.

II. Effect of Fast Food on Health

A study conducted by Shanthy A. et al. in America (2004) resulted in consumption of fast food among children in the United States seems to have an adverse effect on dietary quality and also increased the risk of obesity. Another study Heather M.et al (2006) showed that fast food consumption and breakfast skipping increased weight gain from adolescents to adulthood. According to Nitin Joseph, et al. the prevalence of diabetic Mellitus (DM) and cardio-vascular diseases (CVD) are increasing in urban India. Overweight in adolescents is the marker of overweight in adult age this will be due to eating more fast food. Recent scientific studies points out that asthma and high blood pressure may associate with the consumption of fast food. Another study conducted by Christopher Robert Aloia, et al (2013)in Chandigarh showed that people from high - income group consume more fast food and eating in restaurants as compare to low- income group. When the food choices of children changed from traditional to fast food, it leads to a dietary problem and affects the health of the children. In 2001 a joint world health organization/food and agriculture organization of United Nations (WHO/FAO) expert consultation concluded that the heavy marketing of fast food and energy - dense, micronutrient foods and beverages is a probable casual factor in weight gain and obesity. According to a study by Anita Goyal and N.P Singh," increasing awareness and influence of western culture has caused a shift in food consumption patterns among urban Indian families. Since the liberalization of the Indian economy in early 1990, many foreign fast food companies have entered in Indian market, which caused a significant change in lifestyle and food preferences of Indians. A study conducted by Punjab Agricultural by Nemnuhoi Haokip and Sonika Sharma (2016) that the daily consumption of fast food was higher in college students. Burger, Manchurian noodles, pizza, patty, and samosa were the frequently consumed fast food among college students. The contribution of total energy, protein, carbohydrates was very high.

III. Conclusion

Food is an essential source of power. Food may be an illustration of kindness and friendly relationship throughout the globe. Fast food is popular because the food is reasonably priced, convenient, and tastes good. Majority number of people nowadays consume fast food because they do not have the required time to cook for themselves, or because they do not hassle at all. The common existing notion of average people is

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that fast food restaurant make their life easy and uncomplicated. The popularity of this type of restaurants is growing because of speedy service. Unfortunately, the reason fast food tastes so good is often that it's loaded with fat, sodium, and sugar. Fast food restaurants spend a great deal of money marketing their meals to consumers. Some people do not have time to cook at home because they have to do many things at the same time.

Fast food tastes good and consuming it one time in a while is fine, but eating fast food too often may result in health difficulties such as obesity or diabetes. The restaurants use very cheap ingredients that make fast food contain high amounts of sodium, cholesterol, fat, and calories, which can cause certain diseases like obesity, high blood pressure, and other heart diseases. We should take utmost care of what we eat everyday because it is the fuel that drives us to become healthy. Homemade food is a better option than fast food because it has numerous advantages over fast food. These include higher organic process worth, good quality, mental satisfaction, etc. Better food enhances the lifetime with a better quality of life. Awareness of fast food facts lacks significantly in every corner of the world. Eliminating the attraction of fast food is one way to avoid it. Consciousness regarding healthy feeding may save fast food lovers from the harmful effects of fast food.

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