

Effects of Fast Foods on Society



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Abstract

What we eat affects our body. Foods after birth determine our development. If a balanced diet is found in food since childhood, then the body develops well. Junk food can satisfy our hunger, but it does not contain any basic protein and carbohydrates, which gives the body energy. By always eating junk food, our body's energy is lost, due to which we start feeling tired.

The trend of eating junk food is increasing day by day and is making our future sad and sick, which is especially affecting our future generations. One needs to eat a balanced diet for good health. A healthy balanced diet makes the body strong and increases its immunity to fight against diseases. Such a diet makes the mind sharp and healthy, which makes us mentally strong as well. By having healthy balanced diet, we are able to work better both at home and office.

Lack of healthy food leads to fatigue and many other diseases. There is a big role of catering for good health. In our daily practical life, we should be sure to include a fruit, some salad of carrots, cucumber, radish etc., whole grains, lentils, dairy products and some natural oils in your diet.

For breakfast should take fruits like bananas, apples, pears, roasted snacks etc. We should also keep some dry fruits like walnuts, almonds, pistachios etc. with us to eat regularly in order to keep ourselves physically and mentally fit. We should make all these foods part of regular regular diet. If food is balanced then life will also be balanced.

The research paper is descriptive in nature and throws an ample light on the adverse impact of fast food on the health of the people. The findings reveal that fast food should not be given any room in our life if we want to keep ourselves physically and mentally fit.

Keywords: Balanced Diet, Components, Junk food, Oily food, Traditional food, Side-effects, Immunity.

Introduction

Balanced food is very important for health, as the food we eat every morning and evening gives the body energy and anti-disease power after digestion. The body receives energy from food. Muscles perform actions. Owing to physical strength we do all the work. Owing to the development of physical weakness in the absence of balanced diet, we suffer from several diseases. Food keeps the body healthy and balanced.

The internal organs of the body remain active with the energy power of food. Owing to the energy power of food, it performs various functions, such as, playing, lifting and performing brain functions. Energy is produced by the incorporation of carbohydrates and fats in food. Through the grains, pulses, potatoes, ghee, oil, butter, jaggery, sugar and dry fruits as food, the body gets energy.

Protein is also consumed for energy. Health scientists take the changing trends of food as dangerous for health. Today's youth is using cold drinks as well as food made in the bar due to which the disorders of old age are now visible in them. For the youth, it was believed that he is the master of better health and can do whatever he wants to do, but now this thinking is over. Consumption of indigestible foods and cold drinks is causing such disorders in the body of young people who are 60-70 years of age.

As is the habit of most of the people in India to take meals as many times as they please, meals should not be taken several times a day, but with a proper gap between two meals. If we eat a full meal in the morning, we should not do it in the evening.

According to Health Scientists, the traditional form of our food is suitable for health. In this regard, Srimadhagwat Gita says that satvik man

loves juice and smoothness, long-lasting and digestive food. In developing countries like India, due to lack of balanced diet, malnutrition, lack of immunity of the body and various other diseases are causing severe problems. Malnutrition is caused to the children and women if they are not provided balanced food.

Every year, millions of children die due to diseases. Thus, the importance of balanced and nutritious food is automatically revealed. Various reports say that about 40 thousand children in India go blind every year due to deficiency of Vitamin 'A'; due to malnutrition, the power of children to fight against diseases is reduced and they get caught fast by infectious diseases.

It is only balanced diet to include all the necessary proteins, vitamins etc. in the diet. Energy to make our body work. and many types of foods are required for the development of the body. These are the various foods we get from food. The essential foods of a balanced diet are (1) carbohydrates, (2) proteins, (3) fats, (4) vitamins, (5) minerals-salts. (6) Clean water. The inclusion of these 6 ingredients in food is a balanced meal. We should not forget that the balanced diet protects children and adults from many types of infections and diseases.

The elements that the body needs for energy are met by milk, fruits, bread and vegetables. In order to be healthy, knowledge of the art of making and preparing food is also needed. Food should be taken only when hungry. If we do not feel hungry, we should not eat food. Food eaten in anxiety, grief, fear, anger etc. is not digested well. Food should not be taken immediately after extreme physical fatigue.

Eating irregularly and too much may cause vomiting. One should not sleep immediately after having a meal. 'Vitamin D' means that one must consume incense. One should drink small amount of water while eating and drink water when thirsty after eating food. There are some special rules and right methods of drinking water.

Food should be chewed very slowly. We should not forget to urinate after a meal. While eating food - First, hard and hard foods should be eaten, soft foods in the middle and finally thin foods. One should avoid eating hot food or stale drink lemon juice mixed with water. Evening food should be light. One day fast should be kept in the week.

When we eat food, our body squeezes the nutrients from the food and produces energy to run, develop, repair and build the body. The same diet cannot be balanced for everyone because everyone's physical needs are different. The requirements of a child are different and the requirements of a pregnant woman are different from an ordinary woman.

Nutrient needs change as we grow up in years. The need for diet depends on age, body composition, level of work and level of activity. People try to balance their work and life. But nowadays, the fast and oily foods have become integral part of diet of most of the people in the world including the Indian society where most of the youngsters are in the habit of eating vada pav, samosa, pijja, burger, roll, chaumin, chilli, fench fry and coldrak etc.

Today, people have started enjoying fast food or junk food without any concern to how much junk food can harm our life. According to a research, eating junk food causes disturbances in the brain. Constant fast food intake makes us relax. It makes us feel tired. Fast food reduces our energy level due to a lack of essential nutrients, such as protein, carbohydrates. Constant intake of junk food is responsible for the increasing rate of depression in teenagers. Children are undergoing biological changes in many ways as they grow older. Junk food such as chowmin, pizzas, burgers, rolls can be a problem for growing children and can also go into depression. Indeed, the junk food made from fine flour and oil also affects our digestive system. This may not cause problems or constipation. Due to the lack of fibers in these mines, these foods also make it difficult to digest.

The risk of heart disease increases by 80 percent among those who consume more and more fast food. The type of diet that allows the junk food in it, has high fat and contributes to high levels of cholesterol. Fat-rich foods are the cause of many diseases related to heart, blood vessels, liver. This also increases stress. Coffee, tea, cola and chocolate, white flour, salt, saturated fat, processed foods are some of the things that increase stress in the individual. To live a healthy life, special attention needs to be given to food and routine. Our balanced diet is the basis of a healthy life, because if there are disturbances in food and drink, it will have the opposite effect in our life.

Objectives of the Study

1. To study the traditional food system prevailing in India
2. To study and describe the contemporary food scenario in the Indian society
3. To teach about the balanced diet and its components
4. To point out the several diseases that are being caused by the faulty food system
5. To describe the growing craze for the oily and junk food
6. To explore the causes of the people's growing interest in fast food
7. To find out the adverse effects of the fast food
8. To lay emphasis on the impact of fast food on the society at large
9. To make comparison between traditional food known for the balanced diet and the junk or fast food
10. To describe the various side effects of fast food

Review of Literature

S Ashakiran and Deepthi kiran (2012), in Fast foods and their impact on health explained that today's world has been adapted to a system of consumption of foods which has several adverse effects on health. Lifestyle changes has compelled us so much that one has so little time to really think what we are eating is right! Globalisation and urbanisation have greatly affected one's eating habits and forced many people to consume fancy and high calorie fast foods, popularly known as 'Junk foods'. Research into the possible health hazards on consumption of such

high calorie foods has given an insight to avoid them, but unfortunately measures taken are not as effective as they need to be. Diseases like coronary artery disease and diabetes mellitus have seen a profound rise in developing countries and such unhealthy junk food consumption is one of the notable factors to its contribution. This global problem of consuming junk food on a large scale and its impact on health needs emphasis and health education which can greatly contribute to its limited consumption and switching over to healthy eating habits for the better living.

Monika Singh and Sunita Mishra (2014), in their study made on Effects of Fast Food Consumption on the Health of School Going Children (9-13 years) in Lucknow District, find that 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.

Nitin Joseph (2015), in Fast Food Consumption Pattern and Its Association with Overweight Among High School Boys in Mangalore City of Southern India, shares that fast foods are quite popular among children owing to taste, appearance and hype created by mass media. However, the increased incidence of lifestyle disorders seen now-a-days at an early age could be attributed to fast foods. Awareness on health hazards of fast foods needs to be taught at schools so as to minimize its consumption. Parents have to set an example themselves by not eating fast foods and improving home food to support discouragement of fast foods. This would minimize life style disorders among children to a greater extent.

Priya Keshari, C. P. Mishra (2016), in Growing menace of fast food consumption in India: time to act, conclude that India's impressive economic growth in previous decades and more inclusive growth recent years have not only resulted in steadily increasing income but it brought socio cultural transformation. In this process globalization and increasing urbanization contributed immensely. India with rich heritage of foods and recipes had the tradition of preparing foods by deep frying in fats. This situation is getting complicated by emerging fast food culture in all sections of society primarily due to their readily availability, easy to access, taste, marketing strategies and cafeteria culture. Therefore it becomes imperative to introspect about fast food consumption. There are enough scientific evidences in India to substantiate that fast food have become integral component of diet in all section of society. High consumption of fast food has been reported in school going children and this is quite substantial in college and university students - in spite of the fact that a significant proportion of population are aware about adverse consequences of fast food consumption. Children of pregnant and lactating women eating fast foods are more prone to obesity. High fat and high sugar diet leads to change in fetal brain reward pathway altering food preferences. Fast food consumption is rising in India across all income

categories and this is contributing significantly to rising trend of non-communicable diseases (NCDs) in this country. Regulation of marketing and nutritional labeling is not up to mark in India. Growing menace of fast food consumption needs to be restricted by adopting legal, service and education approaches for promoting healthy dietary practices.

Yuchu Song (2016), in Factors That Affect Fast Food Consumption A Review of the Literature, found that American rates of overweight and obesity are high, and the prevalence of obesity has continued to rise over the past few decades. Excessive consumption of fast food has been one of the multiple contributing factors driving the overweight and obese epidemic. This literature review summarizes the disadvantages of fast food on people's health, reveals common people's average fast food consumption. Based on this background, the paper is to explore factors why some people choose not to consume fast food, as well as factors why some people choose to consume fast food, and to summarize some recommendations that can help reduce the consumption of fast food from the studies that have been already done.

Hypothesis

1. The traditional food system in India is known for balanced diet
2. Balanced diet is essential for the proper physical and mental growth of the individual
3. The contemporary food scenario in the Indian society is faulty and harmful to body and mind
4. Balanced diet has several components of its own
5. Faulty food system in India is responsible for several minor and major diseases
6. The modern trend of food in India reveals the people's craze for oily and junk food
7. There are certain causes of the people's growing interest in fast food
8. There are adverse effects of the fast food on the body and mind of man
9. The adverse impact of fast food on the society is there
10. The traditional Indian food known for the balanced diet is better than the junk or fast food
11. The junk food has several side effects
12. The junk food fails to provide balanced diet
13. The junk food is easily and fast available

Methodology

The research paper is descriptive in nature, and falls in the category of descriptive and interpretative research. For the purpose, the secondary data were used. The contents that formed the basis of the study and that enabled the author to shape up this research paper, were derived and taken from a few selected published research studies published in the various national and international journals. The studies selected for the purpose were conducted both in foreign countries and in India. From them, the stuff that was relevant to the present research paper was picked out and later used to be treated as data. The findings were made on the basis of collection, classification, content analysis, description and interpretation of the facts and data. The scientific spirit of the work was maintained

throughout by adopting the scientific method and by putting the matter in a systematic way.

Findings

1. Foods determine the physical and mental growth and development of the individual.
2. The human body develops well and properly only through balanced diet.
3. The traditional Indian food with all its components, that was known for providing a balanced diet was able to make the required physical and mental health of the people
4. The contemporary modern food scenario in the world, including India, is a reflection of the people's growing interest in the fast and junk food
5. Junk food can satisfy hunger, but it fails to contain any basic protein and carbohydrates
6. Always eating junk food causes loss of energy and makes one feel uncomfortable and uneasy
7. The day by day increasing trend of fast food is making the future life of millions of the youngsters sad and sick
8. The immunity to fight against diseases can be increased and maintained only through balanced diet.
9. Junk food is fast food, but it is not a healthy food, and so it should be avoided
10. Regular salad-eating, meals at proper gap of time, use of fruits daily and regularly should be encouraged in food.

11. Fast food causes several diseases that make the life of the people hard
12. Fast food has an adverse effect on the digestive system
13. Fast food is responsible for the increasing rate of heart failures, heart attacks, and various types of serious infection in body.

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