

FAST FOODS ARE THE POTENTIAL OF HUMAN HEALTH

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Abstract

We know that many diseases are caused by poor nutrition. For example, diseases of the liver, gall bladder, gastrointestinal tract, blood vessels, endocrine system are often explained as complications of unhealthy eating. Trans fats are especially common in today's parlance of fast foods, fried foods and snacks, and store-bought baked goods, particularly cakes and cookies[1,2,3].

According to research, people who eat the above foods have a much higher risk of mental retardation and brain diseases. People who follow a diet, that is, refrain from consuming unsaturated fats, have a lower risk of developing cognitive disorders. These facts are a warning for our young people who get hungry when they see fast food such as lavash, hamburger, and hot dog on the streets, and those who are addicted to sweets, and our compatriots who come home from work and eat fatty and spicy food. It is not surprising if there is a roar.

Key words

Fast food, obesity, brain disease, trans fats, diet.

INTRODUCTION

The fat-causing fats in fast food take at least two years to digest. The World Health Organization ranked obesity at the top of the five major threats to human life this year, and explained that this is due to the increase in consumption of "fast food" as a complication of unhealthy eating[4,5,7]. What are the health risks of fast food? What diseases can they cause? Many diseases are caused by poor nutrition.

Diseases of the liver, gall bladder, gastrointestinal tract, blood vessels, endocrine system were often explained as complications of improper nutrition. How does obesity affect the human body? Due to excess weight, there is a malfunction of the internal organs. The heart has a hard time pumping blood, the liver has a hard time cleaning toxins, and the endocrine glands have a hard time supplying the body with the right amount of hormones[6]. As a result, obesity causes a number of chronic diseases. The amount of saturated and trans fats in fast food is too high. This is one of the main factors that cause obesity. Because it is a very difficult process to completely remove saturated and trans fats from the body. Some sources say that it will take at least 2 years.

How many Kcal does the human body need in 1 day? Most fast food is high in calories. If we take into account that average weight men need about 2500 Kcal, and women need 2000 Kcal, excess carbohydrates in "fast food" accumulate in the body and lead to weight gain[7,8,9].

How much salt should be consumed on average in a day?

Salt is used a lot in the preparation of fast food. However, for a physically healthy person, the average consumption of salt is 5 grams per day. However, one lavash or hamburger contains 2-3 grams, and an average portion of french fries contains 0.5 grams of salt. is used. Eating half a day's worth in one meal is bad for the body. This encourages the development of cardiovascular diseases. Similarly, carbonated sweet drinks consumed with fast food, too much sugar in sauces are among the primary products that cause diabetes. In turn, in a study conducted by Australian scientists, fast food and the resulting obesity are associated with brain diseases, especially mental has also been shown to cause weakness.

Hamburger, sandwich, pizza, hotdog... Imagining them on an empty stomach tickles a person's appetite. Both quick and cheap! Could there be a more convenient offer? It is natural that

hotdogs or hamburgers in front of the school door look like fire, especially to children who are hungry after school[10,11].

Children should not argue about how useful or harmful what they eat, but I think that parents, teachers, and adults should provide information about which foods are useful and which ones are harmful to human health.

In the USA alone, more than 50,000,000 people cannot imagine their life without fast food and spend 110 billion dollars on it. The health of those who eat fast food is seriously threatened by diseases such as overweight, heart attack and hypertension. It causes excess weight due to the high amount of salt, soda, fats and calories used in its composition. Excess weight causes damage to the heart and blood vessels and increases blood pressure.

In addition to the large amount of salt, fat, and calories, another important factor that we should be concerned about in fast food is the additives! Various coloring and flavoring additives are represented by E-codes.

If the food you are eating is labeled with the name of a harmful chemical, that food should be considered unfit for consumption. Almost all fast foods use more salt than usual. A middle-aged adult should consume only 6g of salt per day - a little more than a teaspoon. Now, can you calculate the amount of salt you consume daily, even if only in imagination? 80% of the salt we eat enters our body through food, not from the salt on the table[12,13]. Salt reduces the amount of water in the body, which causes an increase in arterial blood pressure. It, in turn, promotes heart and blood vessel diseases. There are several ways to avoid the ill effects of such fast food. First, don't beg them constantly! Occasional consumption of fast food does not seriously affect human health. Therefore, the maintenance of good major is also of great importance in terms of nutrition.

The second is to choose healthy food from fast food. For example, salads are the best choice for your health among the menus of fast food restaurants. Choose bread products made from white flour. Lean meats are good for your health. If there is a choice between fried or boiled food, boiled is preferable. Try to drink still drinks even when you are thirsty. These include fruit and vegetable juices and skim milk.

The best option is to take sandwiches or fruits from home and eat them! This choice reduces your costs and is reliable. But even then, if you decide to carry a sandwich in your briefcase or bag and eat fast food, do not forget that following the above recommendations is important for your health!

Although fast food is incredibly popular, popular chains try to attract even more people to their religion. Below, we bring to your attention 10 secrets that employees in fast-food chains do not want to reveal[14,15].

The best time to visit is during peak hours

The best time to go to fast food restaurants is the peak hours from 11 am to 1 pm and from 6 pm to 8 pm. It is very difficult to find an empty table, but it is during these times that the food is freshly prepared.

If you want to eat freshly made French fries, then order unsalted. Salt is added when the whole batch of fries is ready. If you ask for a portion without salt, they will give you freshly made French fries.

The smell of the kitchen is a marketing ploy

Passing by a fast-food place, if the smell of the kitchen reaches you, it is very difficult not to go there. It's not for nothing. Most fast food restaurants try to let the heat of the kitchen reach customers and passers-by. For example, they leave the doors open.

Coca-Cola is cheaper than tea because it increases appetite.

In many places, sodas are cheaper than tea. This is due to the fact that sweet carbonated drinks do not quench thirst and carbon dioxide increases appetite.

French fries consist of 19 ingredients. The legendary taste of potato fries is achieved using a mixture of about 20 ingredients. The main one is potatoes, but there are oils and various additives, flavor enhancers and heat enhancers.

Early morning arrival is not recommended

Waking up early is great, but going to fast food restaurants early in the morning as soon as they open is not recommended. At this time, workers are cleaning the kitchen with cleaning products. They can get into your food. It is better not to risk.

Food in fast food is much more caloric than 30 years ago. Today, portions of favorite foods have increased significantly [16,17,18]. At the same time, the calories included in their composition have also increased. For example, a cheeseburger now has 75 percent more calories than it did in the 1980s. 20 years ago, the calorie content of French fries was twice as low as it is now, and the number of calories increased by 70%.

The amount of sugar in milk cocktails is 2-3 times more than the norm.

A milkshake is a classic fast food drink. It is especially popular during the summer. The average rate of sugar consumption per day is 30-60 grams. At the same time, there are about 85 grams of sugar in one milkshake.

Food tastes better when eaten with hands

Have you ever wondered why fast food restaurants rarely provide kitchen utensils? Maybe because it's tastier to eat with your hands, you'll enjoy the food more, and as a result, you'll order more.

Soda stands are almost always dirty

They are difficult to wash. Imagine how many bacteria and germs accumulate there. Microbes multiply faster due to the high amount of sugar in them.

The most harmful fast food

We are accustomed to consider fast food hamburgers and French fries as the most useless food. But experiments show that the most healthy foods contain more harmful fats and sugar than these foods. Not to mention various flavor enhancers, preservatives and dyes. Do you want to be healthy? Avoid the foods listed below.

Chicken nuggets

The fast-food establishment always boasts that the composition of this dish consists of 100% dietary white meat. But according to the results of the tests, it turned out that in fact they have only 20% chicken meat. The rest is crushed bones, fat, fat and other waste. There is also corn, wheat flour and sugar. Preservatives and harmful oils are added so that all this is not noticeable.

Vegetarian burgers

They are really low in calories but relatively high in protein. The problem is that instead of meat, the burger comes with double the amount of cheese and kale, along with flavor enhancers and unhealthy fats.

Cold coffee drinks

In terms of sugar and unhealthy fats, they are equivalent to a large burger and fries or ice cream. If you drink cold coffee, you will be hungry, and you will not even realize that you have consumed about half of the daily caloric intake.

CONCLUSION

If we pay attention to the preparation process of fast food, meat products are often not cooked properly. The stomach has a hard time digesting it. It causes pain and damage

to the stomach wall. Such products cause excess fat accumulation in the body because they contain more cholesterol and carbohydrates. Over time, fat covers the heart and makes it sick.

According to the professors of the "HEART ASSOCIATION" in the USA, 35% of patients with heart disease had this disease as a result of various depressions, and the remaining 65% were caused by excess weight. The body's daily need for carbohydrates is 160 ml grams, and the fast food we eat contains 310 ml grams of carbohydrates.

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