

Fast food argumentative essay

Business



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Everyone should think twice before deciding to eat fast food. There are many health risks when it comes to eating food that's made within a matter of seconds. The food is not properly taken care of, which leads all the way back to where the food is originally produced. Even if it is easy to buy and cheap, the health risks outweigh the five minutes of satisfaction that fast food brings.

One should carefully think before they eat fast food. The health risks that come from eating so much fast food are life-threatening. Obesity can come from eating fast food that's bought often. Fast food is made from a lot of high saturated fats and calories if it isn't work off, then you can grow to become obese. " Even a small quantity of fast food contains high calories. People are fooled by the quantity and they tend to eat more.

Thus, without knowing, they consume a lot of calories" (How). This is a prime example on how people can consume so many calories, and without even knowing. Obesity isn't the only risk, because heart disease is also a prime factor. " What you eat can affect your heart's health and your chances of developing life-threatening heart disease" (Robin). When you eat all of the fats, sugars, and salts, your heart can grow weak and it will endanger you.

There is no safe risk for your body when it comes to eating fast food. Food-borne illnesses can come from out fast food. What most people don't know is the conditions the animals are living in before they're killed. Cows are being hung upside, pigs and chickens are cramped in enclosed spaces. " Inside the facility, the animals are beaten once more to be herded into place. In one

case, a man is seen punching, kicking and kneeling a pig, then striking it with a steel stunning tong at least 20 times, as the animal screams” (Gutierrez).

What can come from those living conditions? Different bacteria that enters our food. “ A recent study has revealed that a full 48% of soda fountains at fast food restaurants contain coliform bacteria – which grows in feces. 11% contained E. Coli, too” (Merchant). It’s extremely sickening to see that even our soft drinks are now infected by food-borne illnesses that usually derive from meat.

However, fast food is one of the easiest and cheapest ways of eating. It saves a lot of time and money, especially for people who are coming home from work. “ As illustrated by the success of fast food, being more convenient than the alternative will almost always give you a significant advantage in the marketplace” (Myers). It’s obvious that there is no quicker or better way to satisfy your rumbling stomach. But then again, what exactly is the price to pay once you’ve had your fill, and now you have new illnesses from eating at fast food restaurants? “ In the United States, food-borne diseases have been estimated to cause 6 million to 81 million illnesses and up to 9, 000 deaths each year” (Mead). Anyone one of these numbers can be from someone’s family.

Most of this bacteria is found in the food you eat from your local fast food joint. Eating at one of these places can cost thousands of dollars in hospital bills, all because of a diseased burger. Everyone should think twice before deciding to eat fast food. The health risks aren’t worth your life, and animals that live in slaughter houses aren’t treated properly or hygienically before

their death, which can cause many food-borne illnesses to inhabit food. Although it is easy to buy and cheap, risking a life for something that isn't good for any person in the first place could cost thousands of dollars in hospital bills. It is important to eat healthy and make good choices when deciding what to put in your body.

Don't be lazy and pick up fast food on your way home from work. Make the right choice and eat some vegetables. Citations Gutierrez, David. "Think Eating "organic" Meat Is Okay? Think Again." Independent News on Natural Health, Nutrition and More.

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