

# Fast food and obesity research paper

[Health & Medicine](#), [Obesity](#)



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## **I. Introduction**

Obesity and diseases related to it has maximized at a very high rate over the past years. In the same breadth, the number of food stores dealing with fast foods has equally increased, while the number of other food stores continues to grow at a slower rate. In the public domain, it has normally been assumed that obesity has increased due to increase of fast foods.

## **II. Thesis**

For this reason, experts dealing with policies have taken a step of minimizing the amount of contents in fast foods by demanding a display of contents of the foods. However, there is no substantial evidence that links obesity and junk foods (Lüsted 75).

### **III. First topic sentence**

Fast food is a terminology used to describe food that can take the shortest time possible to prepare and be served. Any type of food, which is prepared quickly normally, has ingredients that get cooked fast and packed to customer, ready for consumption. In most cases, fast food is served in kiosks where there is no place to sit. In many countries, the requirements for starting such a kiosk are relatively low, and this has contributed to their influx. Fast food is very common in towns, where food is expensive and most people rarely have time to cook. People living in town apartments usually depend on vendors dealing with junk food for a quick snack in the morning and the same after work.

In this article, the focus is on the impact that the increased supply on junk foods has on the rate of obesity. Specifically, by use of detailed information on different parts of the world, we question how the increase in fast foods has continued escalating the rate at which individuals are becoming obese. We also question the proximity that fast foods are to blame for obesity levels of over 3 million children and increase in weight of about 1 million expectant mothers. On the other hand, this article will highlight the measures that have been taken to curb this worrying trend.

### **IV. Main point**

Firstly, the relationship between junk food and obesity is very close. Health experts advise that consuming junk foods in large amounts lead to fat and unhealthy body. When one does not do physical exercises, the fat from junk food is preserved in the body as fats. Overtime, if one does not engage in

physical exercise, the fat deposits grow and become large and one becomes overweight. Increase in weight is not a big problem but one has to be very careful to lose weight because too much weight will lead to obesity. Obesity is closely related with other diseases such as hypertension, diabetes, diseases of the heart, and cancer, thus, there is need to prevent these ailments and obesity from taking place.

Fast foods have been identified as something that is evident in everybody's lives as it is cheap and readily available after experiencing a tedious day. When one gets home tired, there is no pleasure in cooking and junk food becomes the only option. Experts advise those with this habit that, the amount of time taken to get junk food is equivalent to the amount of time that would have been spent in the kitchen. Readily available junk foods are costly and have high contents of fats, carbohydrates, and large amount of salts, which are a big threat to one's health. If one wants to contract obesity and lead unhappy life, the secret is in consuming high quantities of junk foods. The problem is not in eating junk foods occasionally, the problem is eating the same frequently (Watson 23).

Just as the word suggests, fast food is exactly that, it is quick to get and it is food. Junk food has good taste than the average meal, which is prepared in the house, and one might be lured to spend money on it. However, if one is looking forward to adding some weight, junk food in a while is not a bad thought. On the other hand, if one is struggling to reduce weight, or is suffering from obesity, it is always good to shun fast food. When one makes it a habit to feed on one type of junk food frequently, one continues to

accumulate fats and calories every day. Eventually, one starts experiencing psychological and physical health difficulties.

According to studies, fast food is the order of life in countries like United States. For this reason, the outbreak of obesity is very high. Most families in that country are faced with challenges of identifying balanced foods for their family (Lüsted 88). The influx of obesity has sparked debate for specialists across the world. Studies have shown that over sixty million of children and adults in the United States are obese. Second nation on the list is Australia, where fast food and obesity has become very common. However, with all this happening, what is more worrying is that obesity has become a world threat. The rate of obesity has taken most countries by storm just like the fast food.

According to studies, health experts have become so much interested with the increase in cases of obesity. There are a number of facts that taking too much fast food causes obesity. These facts include the escalating rates of obesity each year. It has also been discovered that many families are deciding to consume junk food as their primary meal. The fact that junk food is less expensive and restaurants offering the same are found everywhere is to blame for the increased cases of obesity (Keller 731). In almost every street in the town, there are advertisements of junk food. All these facts confirm that the increase in fast food go hand in hand with that of obesity. Countless researches have proved that junk food is poor and does not have nutritional contents. They lack fiber, are very sugary, low levels of carbohydrates and high fat contents.

## **A. Statistics**

According to studies, in a family where fast food is consumed for about three times every week, there is a high chance of getting obesity. To determine whether members of a family are getting overweight, experts recommend the use of body mass index. With the help of BMI, one can easily determine whether he or she is having too much weight. In most countries, 70% of grownups are overweight with obesity cases amounting to 35%. This trend is worrying given that apart from obesity, there are other ailments. The type of lifestyle that most people are living is equally to blame. For instance, if one has a habit of taking his or her family out to junk food restaurants, it simply means there is no strictness on health and nutritional food (Schlosser 236). Being reluctant to eat foods such as fruits, vegetables, which are fresh, and grains can result to severe effects. Studies show that, youths who appear slender normally take balanced foods in most occasions and fast food at very rare occasions thus the level of calories in their body is low. Although junk food has been closely associated with obesity, there is still a wide variety of factors that comes in as well.

Specialists on junk food and obesity in the United States have raised an alarm that diabetes and cardiovascular complication is on the rise. The trend has continued to escalate over time. A research that was carried out revealed that individuals who consume large amounts of junk food increased 10 pounds more compared to those who take them in lesser amounts and this maximizes the chance of contracting diabetes. Sedentary type of life has closely been associated with heart problems and diabetes. The high amount of carbohydrates present in the junk food makes the body unable to

manufacture the right insulin amount that can cope with sugar rates manufactured after one has eaten food. As a result, the amount of sugar escalates and the arteries are blocked.

## **B. Managing Obesity**

In order to reduce the increased amounts of fast food, restaurants which are offering the same have opted for nutritional diets, which include fruits, foods with fiber, salads, water instead of soda, and foods with low levels of fats. Although the response is not that serious, there is at least some sense of people taking the right direction. It is very hard to come across a restaurant admitting that junk food causes obesity (Keller 702).

If one for sure knows that fast food brings obesity, the best choice is to practice a lifestyle that is healthy. There is no need to consume fast foods frequently. One can decide to balance the fast food consumed occasionally with a lot of healthy foods at frequent intervals. In the same breadth, regular physical exercise is necessary. If one decides to follow these steps, the worry of contracting obesity is defeated. The use of body mass index is very helpful in knowing whether one has increased weight or not.

## **V. Conclusion**

Just like it is quick to prepare fast food, so is one quick to contract obesity. The high content of sugars, fats, and carbohydrates in the fast food is to blame for the increased rates of obesity and other ailments such as diabetes and heart problems. Taking large amounts of fast food without taking physical exercise leads to accumulation of fats in the skin. The fats sometimes can block the arteries causing high blood pressure. To reduce the

effect of fast food in the body, experts recommend frequent physical exercises and eating well-balanced food (Jakle & Sculle 333). Surprisingly, the amount of time taken to get fast food is the same as that spent in the kitchen preparing a nice meal!

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