

How flamin' hot cheetos affect the body

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



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The topic of my research project is “ How Flamin’ Hot Cheetos affect the body”. There are many ways flamin’ hot Cheetos can affect your body. Basically my research explains ways that flamin’ hot Cheetos could possibly affect you, but not necessarily happen. Flamin’ hot Cheetos are categorized as any other junkfood, but is said to be very addictive and can cause ulcers and inflammation in your body.

Everyone loves flamin’ hot Cheetos right? But have we ever once stopped to wonder how Cheetos affect our body?

Because children and teens have taken such a strong liking to the high-caloric snack, nutritionists and other health professionals are concerned about the unhealthy habit. One ounce of Flamin' Hot Cheetos - about 21 pieces - is about 160 calories, including 17 percent of the daily suggested serving for fat and 8 percent of serving for saturated fat. It also contains 250 mg - or 10 percent of the daily value - of sodium. That doesn't sound so bad.

However, the snack often comes in bags that offer two or more serving sizes of Cheetos, which offer almost no dietary fiber or protein. The " new bigger size" bag of Flamin' Hot Cheetos contains 3 3/4 oz. , or nearly 680 calories, 44 grams of fat, and 40 percent of days recommended sodium, according to the package nutritional label. Hot Cheetos are very spicy and stain your lips and fingers red. The spice increases stomach acidity, so children get stomach aches, sometimes so terrible they're doubled over in pain.

Because the spicy snack contains a lot of red food dye, it can turn the stools of people who eat large amounts of Cheetos red or orange. So even though

we might eat some foods with red food dye in them regularly, our stool doesn't usually become discolored unless you eat huge amounts of it. Flamin' Hot Cheetos is one food that people will eat enormous amounts of and will see a change in their stool color. On top of the artificial coloring and flavoring, some experts say the Cheetos are “hyperpalatable,” meaning they're highly addictive.

Additionally, scientists, researchers, and nutritionists all fear that, because it is a processed food, the “hyper-palatable” combination of the Flamin' Hot Cheetos' fat, salt, and spiciness could potentially make it hard for people to stop eating the snack. Some research suggests foods high in fat and salt trigger areas in the brain linked to addiction. Our brain is really hardwired to find things like fat and salt really rewarding and now we have foods that have them in such high levels that it can trigger an addictive process.

Why do we crave fatty foods you ask?

Many people choose fatty foods as comfort foods when bored, stressed or upset. Comfort eaters may reach for familiar fatty foods or foods that remind them of better times. Eating fatty foods may become a distraction from your problems. Fatty food cravings may be largely a matter of habit. People often experience food cravings because they're accustomed to eating certain types of food in certain situations or in response to certain emotional cues.

If you have the habit of eating fatty foods, then when you get hungry you'll start to crave fatty foods out of habit. Kids are particularly susceptible because they are still developing, and some researchers are finding craving levels in Cheetos-lovers similar to those of people addicted to drugs. To tell

patients to stop eating the snacks is almost like talking to smokers about quitting smoking. The patients really don't want to hear that. Flamin' Hot Cheetos are being outlawed in some schools because they're "highly addictive".

Hot Cheetos are bad because in the long run it can cause gastritis, inflammation of the stomach, it can cause ulcers. Some kids even ten or eleven years old have ulcers in their stomach because of this snack. Flamin' Hot Cheetos have an aura of danger which fuels their wild popularity with kids. When it comes to addictiveness and poor nutritional quality, Flaming Hot Cheetos is your snack. I'm not saying Flamin' Hot Cheetos is the worst snack ever, but it definitely isn't the healthiest. A serving or two is okay every now and again, but don't eat them every day.

They affect your body more than you think. You might not see it now, but you will. I would recommend this snack to others to eat every once in a while, but I don't think anyone should eat them all the time. The calories and salt in this snack is outrageous. Watch out because it is a delicious and addictive snack. It might make you a victim of its tricky and surprising addiction. How do flamin' hot Cheetos affect the body? Sierra branch 1st period December 17, 2012

Questions & Answers on Flamin' Hot Cheetos

Are hot cheetos bad for your health?

'Hot Cheetos Flamin' and other similar snacks can cause stomach irritation in people sensitive to such foods. These are not simple snacks with some useful ingredients - such food should be taken with caution.

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What makes hot cheetos so addicting?

No one knows for sure, but on the net you can find many conjectures on this subject, many are inclined to the side of natural opioids. In response to this burn, our body releases natural opioids, which are normal neurotransmitters called “endorphins”. And these opiates make us feel good, which explains our craving to eat this product again and again.

Work cited

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