

# [Junk is, it does not contain any good](https://assignbuster.com/junk-is-it-does-not-contain-any-good/)

JUNK FOODS IN FAST PACED ERA                                                                     JUNKFOODS IN FAST PACED ERAASMISAFVAN PANANGADAN7975121COMM1085, COLLEGE READING AND WRITING SKILLSLUBNASHEIKHJANUARY5, 2018       Contemporary world has its ownidentity in the field of food. One of the major variety of food among them isfast foods or junk foods. These kinds of food are widely used all over theworld and it catch the attention of the world of food.

People are not concernedabout the health issues with the consumption of these types of foods. Fast foodsprovide lot of calories and less nutritional value, which minimizes the healthydiet system of our body. It does not contain any nutrients that requires forour healthy life style.

The fat, sugar and sodium present in the fast foodslead to diseases like obesity, heart diseases and diabetes. Most people prefer junkfoods or fast foods due to its taste and affordable price, but it has somenegative aspects as well. Some fast foods contain various harmful chemicalwhich causes our healthy life, due to this reason many countries banned harmfulchemicals that uses in fast food industries. Demand for the junk and fast foodsupsurge the growth of fast food industries widely all over the world. Whetherit is for better or for worse junk foods are seen in all over the world.

Excessive junk foodconsumption leads to various harmful health issues in our body. The main reasonis, it does not contain any good carbohydrates or protein. To elaborate, themajor problem with junk food is obesity, the large amount of fats present injunk food accumulates in our body and as a result it roots to other diseaseslike heart disease, diabetes, arthritis.

This over eating feels uncomfortableand lack the interest in exercise where we need to burn off more calories. Fatand sodium entered to our body makes blood pressure or hypertension in highrate and blood cholesterol level. Our poor cognitive performance may be becauseof elevated level of dietary fat. Most junk food are high amount in unhealthychemicals and majority are fried food stuffs (BOSE D, 2001). Children who eats alots of junk foods may have deficiency in nutritional level, disturbance insleep and other issues related academic achievements. More over, it leadsdepression in teenagers and some hormonal changes may affect their character. Junk foods with carbohydrates and less fibre makes some complications indigestive system like, break down of these stuffs convert to glucose and enterto our bloodstream as a result sugar in our blood increases. The two type ofcholesterol present in our body are:·        HDL Good cholesterol·        LDL Bad cholesterolTheseare two types of cholesterol found in human body.

Bad cholesterol is not goodfor functioning of a healthy body while good cholesterol is an important tomaintain a healthy body. The junk foods may increase the amount of badcholesterol in our body, which will lead to serious health issues in our body. Although we may feel satisfied when we eat fast food and junk foods, but thesekinds of foods are lack in important nutrients like protein and minerals whichmakes our body healthy and energized (disadvantages of fast food , 2001).  Another major impact of fast food in the worldis based on the economy of a country. Fast food industry degrades the economyof a country by locating fast food industries or restaurants in differentcountries.

Some fast food companies make franchisees in various parts of theworld and they fascinate the economy of other countries. Even though some junkfoods are expensive than other types of foods, people prefer to buy junk foodbecause of its taste and easiness to consume. Fast food restaurants make theirfood with fatty and sugary substances, which attracts the customer to buy itand with it’s good taste, they may have the tendency to buy it again. Foreignfast food industries mainly focus on unskilled labours to work behind thecounter at very low daily wages and the fact is that, workers would belong tothe country where the company is situated. Environmental consequences areanother disadvantage of junk foods, excess production and packaging results theformation of high amount of chemicals which used as preservatives in fast foodindustries. These chemicals make the food tastier, but it is harmful for theenvironment and living organism.  Fast food disadvantages areinnumerable, it has both economic and social effects in the society, othermajor impact of fast food is, it is one of the reason for reduction in time offamily get together.

Our meal time with family can be considered as an superioritytime to eat and share our experience on daily basis (BROWN. J , 2009). Arrival of fast food make changes in this family get together and due to thisreason family members spending less time together. In olden days, every familyhas more members when compared to present situation and these family membershave their get together at the meal time and they share everything each other, if anyone in the family had faced a problem, all family members would supportthe individual and the problem get solved. The system has changed by the modernworld and this new generation. They can buy and eat on the way, office orwherever we like to have food.

They created an innovative way of life style toreach their goals, but it was not a success like before. Youngsters alwaysprefer unhealthy but its fascinatingly taste of fast foods. Even though manyfast foods joints are now offering healthier food varieties, most of them arestill quite unhealthy. Majority of teenagers desire these kinds of foodrestaurants to hangout with friends rather than their parents. Hence, we canrealize that they are well interested with these unhealthy life style and theyare keeps away their parents and relatives due to this reason. Once theychanged their habit of healthy to unhealthy foods then it may be harder toreturn them from new way of life (Disadvantages of fast food, 2001). To conclude, fast foods has anattractive taste and easy to make, it become permanent part of our life.

Although it has all these positive factors, it may cause some serious health problems. If you are conscious about your weight, gets off junk food fast. it could doamazing for overall health and weight. it should be very important to workout whilehaving this type of food, if you feel any difficulty to quit eating fast foodat least reduce its harmful effect. Modern world is rich in money but poor intime, hence want everything as fast as possible.

People should find a way tocontrol the over consumption of fast and junk foods. Due to little nutritionalvalue and high fat and sugar content makes the fast or junk foods unhealthy.