

Fast food eaters essay example

[Nutrition](#), [Fast Food](#)



People who eat fast food are diverse, they come from different countries, experience various life situations, have different age and sex. Still, what unites them is their enormous love to fast food and often missing the possible consequences that this kind of food can bring to them. This paper is dedicated to the analysis of fast food eaters, the possible problems that they can experience, both mental and physical and the possible ways they can decrease the negative consequences of fast food consumption.

One of the recent research found that US adults consume over one-tenth of the daily calories when eating fast food (Paddock 2013). In the study conducted in the Centers for Disease Control and Prevention in Atlanta on the American fast food consumption, showed that among 11, 000 volunteers 11. 3 percent from the caloric intake of an average adult was obtained from fast food (NHNES 2013). Still, this number is better, than in the previous year, where this figure is 12. 8.

The problems with health and psyche that fast food eaters have are rather diverse, and in this paper, the main ones are presented. First, meals at fast food restaurants violate people's psyche. This was the conclusion drawn by researchers after analyzing a series of experiments. Fast food makes people impatient, teaches them to get satisfied here and now and, most importantly, reduces the desire to save and accumulate.

Psychologists claim that fast food consumption cannot bring real pleasure. Such physiological saturation is attacking the food culture. As a result, fast food eaters often become victims of depression. Eating commercial baked goods (cakes, croissants, donuts, etc.) and fast food (burgers, hot dogs and pizza) is associated with depression. The results of some studies show that

the fans of fast food are 51% more likely to develop depression than people who do not eat fast food at all or eat it rarely. In this case, there is a dose effect, i. e. the more fast food you eat, the greater the risk of developing depression becomes.

People who eat a lot of fast food and commercial baked goods are likely to be less active and prone to poor diet, i. e. with a minimum of fruit, nuts, fish, vegetables and olive oil. Among other common habits of this group of people there is smoking and working more than 45 hours a week. Depressions and risk of their development inevitably increase in fast food eaters.

Although this problem needs further study, consumption of fast food should be strictly controlled, as it may harm not only the physical, but also mental health. In the latter case, it will negatively affect the whole life of a person, and not, for example, only the physical capabilities limited by obesity. All over the world 121 million people suffer from depression. This is one of the major causes of incapability, and the problem is particularly acute in low- and middle-income countries, where problem of depression is even rarely mentioned.

Apart from depressions, fast food makes people impatient. Fast food is not only unhealthy, but can also have a negative impact on human behavior. Hamburgers, cheeseburgers and other similar dishes make people impatient and quick-tempered. Employees of the University of Toronto conducted a study in three phases. First, they divided the volunteers into two groups. The first was shown at the computer the 25th frame image of McDonald's symbol; the other were not shown any additional images.

In the result of the first experiment, the first group tried to do the job quickly,

with awards for the high rate of solution of the problem not assigned. The second group showed a calmer and mellower demeanor. The next study confirmed the effect of fast food on haste. In particular, people who had dinner at fast food restaurants more often preferred other products that save time - for example, shampoos "two-in-one." The third observation found that fast-food lovers were less inclined to save money: they often get a cheaper thing, but smaller, than something big and expensive. Fast food represents a culture of time and enjoyment. Problem is that the desire to save time is activated regardless of whether the time is a significant factor.

Memories of visiting a fast food makes people want to have a wash, and to wash also fast, for example, by two in one shampoo. This psychological reaction is probably due to the fact that the food is prepared in a special way. At home, people are used to get pleasure from cooking already. It relaxes them before food consumption. The way people consume food is very important. If we take a usual fast-food outlet, it is always full of noise; there is constant lack of space, together making quite nervous conditions. A person does not feel relaxed, calm, the desire to eat quickly in a hurry is formed so as to get rid of the meal as soon as possible.

The biggest fans of fast food live in Bulgaria (NHNES 2013). Nearly three-quarters of the population prefer to eat quickly. Americans occupy the second place - about half of the population are in love with the burgers. What is curious, that U. S. citizens are torn between love and hate to fast food. We like the taste, convenience and confidence, but we know that it is harmful. However, everyone except for lazy discussed the harm of fatty foods with lots of flavor enhancers. There is enough said about the endless unsanitary

conditions and spitting in food by staff. Around fast food restaurants there are regular scandals related to the quality of food served.

The fact that everything is easy, fast and standard cannot be argued. People just come in, give money and go away. When it is a regular thing, it gradually turns to other areas where people would like to get the same prompt service at a reasonable level of quality. In case of those who do not turn this attitude to other spheres of life, there are no problems in this relation. They just know that in these restaurants they are behaving in this way, while in others they can do it slowly, solid and tastefully. For most people this habit remains. Immediate and prompt service in the store, immediate and prompt service anywhere else.

Those who regularly eat fast food jeopardize not only their shapes, but also damage liver. This disease is similar to hepatitis. Those who eat fast food only once a month are also exposed to danger, as it significantly contributes to changes in the liver. In particular, French fries are dangerous because of the additional ingredients added thereto. To get golden and crisp crust, many additional ingredients are added, such as salt, fat and sugar.

Foods, such as fried chicken, onion rings - are particularly harmful to the liver. Dangerous amounts of fat and saturated fats create a condition called fatty liver. The liver is beginning to change to the relevant consequences of hepatitis. Ultimately, this may lead to liver failure. In America, there are about 160, 000 fast-food restaurants, which take about 50 million customers each day. The most dangerous thing that in addition to the adults, children also become the fans of junk food. Even if you order in a fast food restaurant salad, there is no certainty that it will be healthy and fresh, as there are no

clear rules on added chemicals.

If the history of fast food is taken into account, it turns out that it begins from the time of ancient Rome. Every Roman city had many little markets where people traded different food. One of the most popular dishes were biscuits made from yeast dough, smeared with olive oil on top, which were sometimes used as plates. In India, Europe and Russia the population also liked biscuits. In China, these markets traded instant noodles. The fast-food industry as we know it today started in the early 1920s in America. For example, in Kansas, the White Castle company was founded, specialties of which were at that time the amazing burgers and potato fries, and at the end of the 1940s the McDonald's company became its competitor in the U. S. fast food market.

Fast food eaters who cannot refuse from their habit of this food consumption can take certain measures to reduce its negative impact. Although within today's rapid pace of life it is almost impossible to avoid eating fast food, to turn it into a regular and daily meal is definitely a bad idea. By doing it, people voluntarily sign the sentence to their body for acquiring serious diseases.

It is important to refuse from fast food gradually, not to drop it dramatically. If you are used to eating hamburgers instead of dinner because the roadside market where they are sold is directly in front of your work and it is fairly cheap form of eating, and you know that you return home unable to cook something, try to reduce such purchases to one few times a day. It is a start. Then go to them once a week, and eventually, try to do it less and less. People should refuse from eating the street fast food, especially in the hot

summer time. It is better to go to McDonald's or in a cafe of the other major networks. The food there is also not devoid of the " charms" of the fast food, but it is at least prepared and stored in conditions of adequate sanitation.

When ordering a meal, it is also better not to abuse the fat and high calorie food. It is always possible to find in the menu a salad of fresh vegetables and green tea instead of highly carbonated Coca-Cola.

Fast food should not be eaten on an empty stomach. Eating a hot vegetable soup before a delicious-looking grilled chicken has a positive impact on the stomach lining and reduces the aggressive influence on it of the fast food. It is necessary not to hurry very much while eating. Food should be properly chewed not to overload the digestive tract. Kids should also stay away from fast foods, as family dinners in there can cost children disruption of the digestive tract and nervous system, weakening of the immune system, and even the development gap.

Eating fast food at night is a personal crime. If you spend a whole day without eating, and at the end of the day decide to " score" a hungry stomach to fill, consider that you do not care for your body that has served you for many years already. The stomach is sure to avenge you. First, small riots in the form of short-term unpleasant symptoms, and then more severe and prolonged disruptions in their work. Morning is also not the best time to eat fast food.

Works Cited

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