

Effects of fast foods on health

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Discussion Obesity is one of the critical health issues being faced by a large number of people all over the world. This study shows that a large number of people are affected by obesity but at a low extent. This shows that obesity does not affect daily activities of a person although it lowers their level of confidence when they are in gatherings. However, obesity is a big issue for females as their daily life activities are disturbed up to a large extent.

Obesity usually occurs due to imbalance of diet. People consuming fast foods two-three times per week and vegetables once or twice a week are more prone to obesity as compared to people who take more vegetables than fast food.

This study also shows that a large percentage of people who have moved to Australia have gained weight. The reason behind this is the intake of a very small amount of vegetables and fruits per week as compared to heavy intakes of fast food which increase the levels of cholesterol and fats in human body. Results prove that intake of vegetables and fruits at least 4 to 5 times per week helps in retaining current body weight.

Looking at these results, the researcher concludes that balanced diet and physical exercises are the only solutions to obesity. Obesity adversely affects the body of a person which ultimately affects his/her level of self-confidence.