

Fast food and natural food



**ASSIGN
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Supervisor 26 April 2009 Fast Food vs. Natural Food Fast food suggests that it is kind of food that takes less preparation time and easy to serve. In modern society, it refers to the food in restaurant mostly in packaged form for take away. Hamburgers and fries are common example of fast food.

Whereas natural foods are in raw form with less cooking . It does not include items such as sweeteners, flavor, sugar etc. Fruits, vegetables etc are few varieties of natural food.

Adding preservative and chemicals to give fresh and tasty look to natural food makes it unhealthy to eat. For example, Apple's smell can be generated by Ethyl-2-methyl butyrate. Only raw foods like fruit, vegetables etc grown in natural environment are vital to health. Sometimes processed vegetarian in packaged form is not good for well-being as they have many harmful chemical which is difficult to digest.

Schlosser correctly finds that obesity rate is highest in USA than any other nation among first world. Around fifty percent of grown up Americans and about twenty five percent of American kids are in the category of either obese or overweight. This proportion has grown very rapidly in last ten years as it is almost twice the obesity rate in comparison to last part of 1970s.

Steffen(2008) said in " Burgers, fries, diet soda: metabolic syndrome blue-plate special" published by American Heart Association rapid access journal report , " Metabolic syndrome is a cluster of cardiovascular disease and diabetes risk factors including elevated waist circumference, high blood pressure, elevated triglycerides, low levels of high-density lipoprotein (HDL or " good") cholesterol and high fasting glucose levels. The presence of three or more of the factors increases a person's risk of developing diabetes and cardiovascular disease. Fried foods are typically synonymous with commonly

eaten fast foods, so I think it is safe to say that these findings support a link between fast-food consumption and an increase in metabolic risk factors."

Natural food also known as 'health food' reduces these syndromes.

Conclusion

Above diagram from Harvard University for Healthy Eating Pyramid truly reflects the importance of natural food in comparison to fast food which is suggested to eat sparingly.

Bibliography

Schlosser, Eric. Fast Food Nation: The Dark Side of the All-American Meal. Boston: Houghton, 2001.