



# Fast Food Consumption and Health Hazards

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## Mini Review

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## Abstract

Fast food consumption becomes a fashion now a day particularly among young agers. We know preparation as well as service times are relatively quick in case of fast food and easy to carry. With the increase of habit of having fast food, we have been getting reports of some health hazards since long. Health workers have been warning people from excessive having of fast food items, public health campaign is continuously going on but the advices remain ignored most of the times. This review was aimed to building knowledge and find gap/missing of existing literature in order to make foundation of new research on fast food intake. After repeated critical review of number original articles, some gaps have been found. Almost every article they focused on outcome and mildly highlighted input variables but did not consider all possible variables and missed to show interlink between those variables.

**Keywords:** Consumption; Health Hazards; Emphasizes; Sandwiches; Adolescent Girls

## Introduction

Dependence on fast food among the students in the Dhaka city is on the rise. Young adults who eat frequently at fast food restaurants gain more weight and have a greater increase in insulin resistance in early middle age. Obesity and diabetes are on the rise in the country and habit of fast food can worsen the situation. This review emphasizes on health hazards due to excessive fast food consumption.

## Review

Fast food is usually prepared and served promptly. Actually we observe that fast food is sold in fast food shop with preheated or precooked ingredients, and served to the customer in a packaged form for take-out/take-away or we can eat sitting or standing within the shop. Fast food may include chips, hot pies, pasties, sandwiches, burgers, kebabs, pizzas, chicken, soups, and salads. It also includes drinks, for instance, milkshakes, and soft drinks. A health

hazard is a warning against what could potentially adversely affect one's health. It is established that the high levels of calories, fat and sodium in most fast food can eventually lead to other health problems as like arthritis, sleep apnea, some kinds of cancer, diabetes, coronary heart diseases and liver disease. Literature suggests that more frequent use of fast-food restaurants that primarily served burgers and fries was associated with higher risk for overweight/obesity; higher intake of total energy, sugar-sweetened beverages, and fat; and with lower intake of healthful foods and key nutrients. They also noticed that more frequent use of fast-food restaurants that primarily served sandwiches/subs was related to a few markers of poorer diet quality, but unrelated to weight status [1]. We know hygiene plays a significant role in case of food safety and quality but this study missed that information [1]. Number of studies indicated that frequent away-from-home eating is connected to higher daily energy intake, poorer diet quality, and ultimately greater weight gain but information on physical activity, hygiene and other comorbidities were unclear [2-14]. Some authors rightly said

that despite increased attention on retail food environments and fast food consumption, results from previous studies have been inconsistent. Those authors also mentioned that variation in measurement of exposure to retail food environments and the context of the built environment are possible reasons for inconsistencies [15]. Recent document reveals that many of the students unavoidably skipping the morning foods due to study pressure, morning-hurry and they had them at late-morning hours from the fast-foods outlets such as canteens or other hotels [15]. Skipping meals in morning often welcome acidity, gastric irritation and gastro-intestinal problem which consequently impacts on overall health profile [16].

Two studies focused on adolescence lifestyle as like unhealthy food choices, eating mainly at fast food restaurants, sedentary behaviors, and physical inactivity, all of these characteristics fall them at different types of nutritional risk. A study reported a true picture that adolescent girls associated consumption of fast food with pleasure, friends, and independence, while they associated consumption of healthy food with parents and being at home and this is our day to day observation [17-18]. It is true that if healthy dietary behaviors are not well adopted in teenage and undesirable lifestyle patterns persisted during the transition to adulthood, these behaviors may carry out for a lifetime risk for chronic non-communicable diseases such as obesity [19-21].

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