

The Effect of Fast Foods on Health and Associated Problems

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| Received: 18.05.2019 | Accepted: 25.05.2019 | Published: 30.05.2019

DOI: 10.21276/sajp.2019.8.5.13

Abstract

Review Article

Fast food is convenient and easy to prepare food and contains low nutritious and unhealthy ingredients. This paper is focused on the effect of fast food on health and associated problems on people from a specified area. Questionnaire was utilized as a data collection instrument. SPSS was used for tabulation and graphs and other parametric and non-parametric tests. Results showed that youngsters spend more money on fast food because of taste and showoff also. People prefer fast food at their workplace and students prefer at schools and colleges due to their busy schedules. In this research mostly females take part and total 58.7% are females and 41.3% are males. Among all 150 people 42.7% people from the age group of 20-35 years olds are more interested in taking of fast food. 46.7% people of total population are used to of fast food from more than 10 years and mostly prefer pizza; momo's and noodles as fast food. Females are more conscious about the health, weight monitoring, and also aware about the nutritional value of the fast food. Obesity and liver disease are most common and prone to those people who are consuming fast food. Work out like walking, cycling and gym reduce the effect of unhealthy food and monitoring of weight also helps to maintain the effect of fast food on health. Females are more prone towards piles and liver disease and males towards obesity. Among all the people included in research age group of 20-35 are more aware about disease caused by fast food and ingredients of fast food. 68.7% people are used to of working out daily by different mediums and it should be suggested that there is a need to focus on nutrition counseling to facilitate the intake of healthy foods.

Keywords: Obesity, fast foods, weight monitoring, liver disease.

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INTRODUCTION

Food means any nutritious substance that people eat or drink in order to maintain life growth. Fast food is the term given to food that can be prepared and served very quickly. The term "fast food" was recognized in a dictionary by Merriam Webster in 1951. Fast food is any food that is quick, convenient, typically the term refers to food sold in a restaurant or store with low quality preparation and served to the customer in a packaged form for takeout or take away [1].

What is Fast Food?

Fast food is referred to that food which prepared easily and contains lesser amount of nutrition. Few examples of fast food are- Pizza, Burger, Noodles, Pav Bhaji, Panipuri, Rolls, Manchurian, Fries and many other.

Eating a lot of fast food has detrimental side effects. It is so high in fat and calories, immediate effects would include gas, bloating, elevated heart rate

and energy crashes. Continuous consumption of fast food over the course of months and even years can cause obesity, high cholesterol, atherosclerosis, heart disease and diabetes [2].

Maintaining nutritional balance is not easy with fast food as there is no control over how they are cooked. Some are cooked with a lot of oil and butter and there may be no option if a person wants this selection with reduced fat. The large portions also encourage overeating. In general, people with high blood pressure, diabetes and heart disease must be much more careful about choosing fast food due to the high content of fat, sodium and sugar [3].

On a typical day that fast food is eaten, children consume substantially more total energy and have worse dietary quality compared with a typical day without fast food. There are much greater side effects of fast food and people are unaware of its ill consequences. It can tend to many detrimental diseases. Prolonged use of fast food is also a cause of health

problems, obesity, indigestion problem and high cholesterol. Fast food companies are targeting kids and youngster through great promotion strategies, delicious recipes and attractive advertisement.

There are much greater side effects of fast food and people are unaware of its ill consequences. Chubbiness, increase in cholesterol levels, dietary deficiencies, cardiac disorders, loss of muscle mass, depression, sexual dysfunction, asthma, strokes, type 2 diabetes, cancer (kidney / uterine / colon / breast / esophagus), liver disease, cancer and cardiovascular diseases can all be caused by eating fast food on a regular basis[4].

Fast food Vs Junk food

There is a minor difference between Fast food and Junk food. Fast food is those which are easily prepared and contains less amount of Nutrition but contains higher amount of calories and fat than Healthy food. Junk food also prepared easily but contains tremendously low amount of Nutrition's.

These foods are easy to prepare and sometimes more tasty but are not good for health. These foods are only meant for killing the hunger and to feel the taste buds and nothing else.

Examples of fast food and Junk food

As mentioned above there is only thin line difference between fast food and junk food which is of Nutritional value. Few examples of fast food are: Burger, pav bhaji, chili potato, manchurian, kebab's, rolls, soups, dosa etc. Whereas the examples of junk food are: Panipuri, Chips, carbonated drinks, pastry/cakes etc.

What is Healthy Food?

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. Nutrition is important for everyone eating more whole grains. Include a variety of whole grains in your healthy diet, including whole wheat, brown rice, almond, coconut, walnut, chicken breasts, eggs, broccoli, carrot, oats, quinoa, yogurt and barley. Make sure you're really getting whole grains. Eating a balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

Why the study is required

Food safety has emerged as an important global issue with international trade and public health implications. In response to the increasing number of food borne illnesses, governments all over the world are

intensifying their efforts to improve food safety. The World Health Assembly adopted a resolution (WHA 53.15) in which, the World Health Organization (WHO) was asked "to give greater emphasis on food safety" with the goal of developing suitable, integrated food safety systems for the reduction in health risk along the entire food chain, from primary producer to the consumers [5].

As the school age is the most crucial period of transition in the overall human development, so the nutritional requirements in proper proportions particularly in this period assume pivotal role for overall growth process. Clinically it has been proved that the nutrient value of fast foods is well below the required levels and its intake leads to many disorders. Also the fast foods are main agents responsible for many diseases and disorders like obesity which is likely to cause cardiovascular diseases later on. Moreover fast food related concerns have alarmed people all over the globe [6].

Objectives

- To study the effect of fast food on health and associated problems.
- To monitor the past history of Heart disease and Obesity in family background.
- To know the habit of daily physical work out.

Design

A study was conducted by selecting college students, faculty and workers. People were selected from a specified area.

Setting and Participants: A total of 180 people were selected randomly out of which 150 people give their answers which are considerable for the research.

Methodology

Tool

Questionnaire method: Data had been conducted using questionnaire as a data collection instrument. Questionnaire included close ended

- Questions for the convenience of respondents.

Following Questions are asked to the people for the survey

- Gender?
- Age group?
- When you started taking fast food?
- Number of times a week you consume fast food?
- When do you typically eat fast food?
- In your family is there any person who has obesity/heart disease or both?
- What do you usually eat among following foods?
- Are you aware about nutritional information and ingredients content in each of fast food that you consume?

- Are you aware of disease that will affect you from consumption of fast food?
- Do you know taking fast food frequently may cause obesity?
- After starting fast food, did you check whether your weight is increased or not?
- What are the effects on your body by taking fast food frequently?
- In your daily life, are you able to do some work out?

A total of 180 people were selected for our survey out of them data of 150 people was screened out for final analysis and for obtaining results. 30 people were excluded due to some reasons like inappropriate response towards questionnaire, unable to understand the theme of survey.

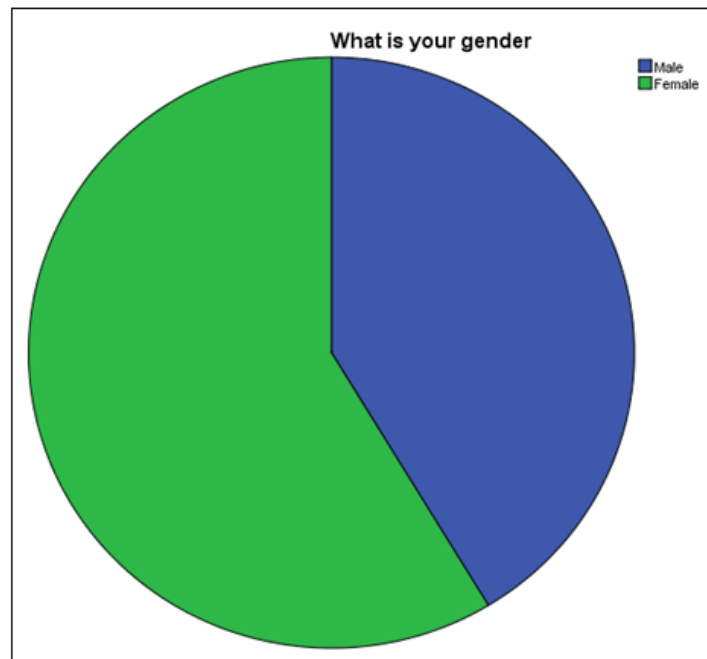
Analysis of the data is done by the use of SPSS (STATISTICAL PACKAGE FOR THE SOCIAL SCIENCES) software and various parametric and non-parametric tests are applied.

RESULT

What is your gender?

Table: 5.1

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	62	41.3	41.3	41.3
	Female	88	58.7	58.7	100.0
	Total	150	100.0	100.0	



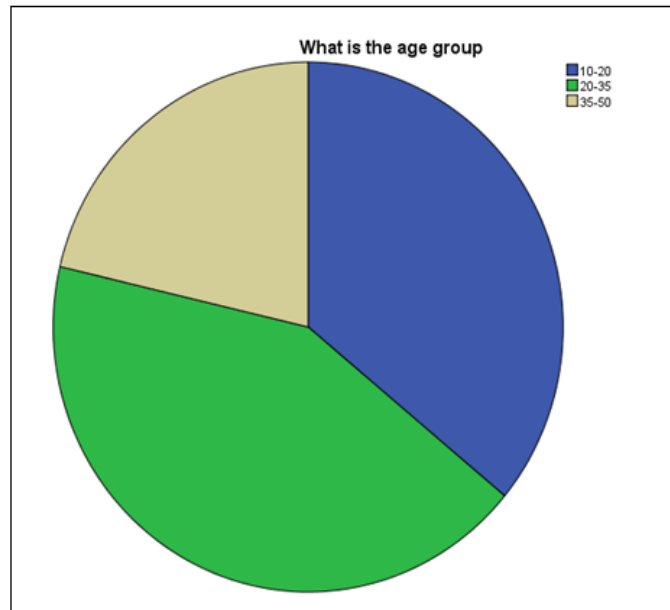
Graph: 5.1

Inference 3.1: Both male and female are included in this survey. Total 150 people are selected out of which 41.3% (62 individual) are male and 58.7% (88 individual) are female.

5.2 What is the age group?

Table 5.2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	10-20	54	36.0	36.0	36.0
	20-35	64	42.7	42.7	78.7
	35-50	32	21.3	21.3	100.0
	Total	150	100.0	100.0	



Graph: 5.2

Inference 5.2: Total range of age group is taken from 10 years to more than 60 years, but somehow only people with age group 10 to 50 years

was contributed there thought and opinion with us and then percentage of people are 10-20 years (36%), 20-35 years (42.7%), 35-50 years (21.3%).

5.3 Monitoring of weight

Table-5.3

	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	26	17.3	17.3	17.3
Not Monitored	124	82.7	82.7	100.0
Total	150	100.0	100.0	

Inference 5.3: We studied on 150 people among them only 26 people (17.3%) monitored their weight and seems conscious about their health and other 124 people (82.7%) are either not monitor their weight or give unacceptable reasons. This shows people are interested in consumption of fast food and they knew about the nutritional value of fast food (as we studied) but somehow most of the population just take fast food for hunger and for taste buds and even for show off

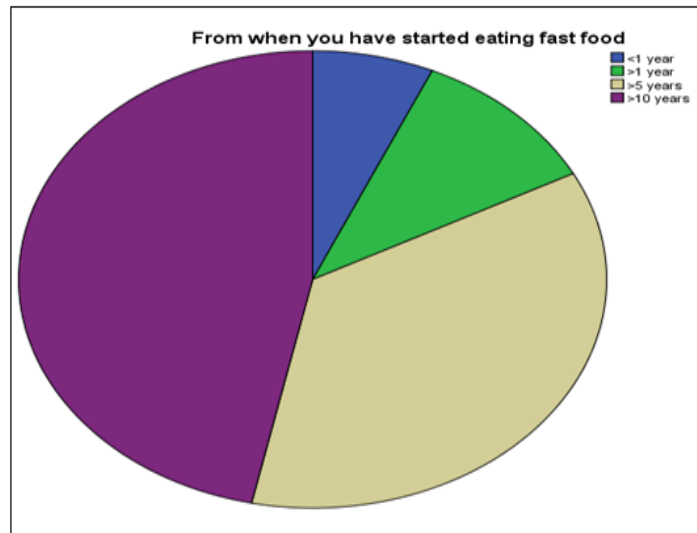
some times but are not conscious to monitor their weight whether it in maintained, decreased or increased.

In terms of global data, this above study of weight monitoring is gives a negative impact of our local society and people are not aware and conscious about their own health.

5.4 From when you have started eating fast food

Table-5.4

	Frequency	Percent	Valid Percent	Cumulative Percent
<1 year	10	6.7	6.7	6.7
>1 year	16	10.7	10.7	17.3
>5 years	54	36.0	36.0	53.3
>10 years	70	46.7	46.7	100.0
Total	150	100.0	100.0	



Graph-5.4

Inference 5.4: A total number of 70 people out of 150 (46.7%) are taking fast food from more than 10 years, this may lead to various diseases in the body and taking too much fast food also affects. The body organ's function as fast food contains no or few less

amount of nutrition and contains fat which blocks the arteries and functioning is disturbed.

5.5 What is your preferred fast food?

Table-5.5

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Burger	13	8.7	8.7	8.7
	Fries	11	7.3	7.3	16.0
	Pizza	14	9.3	9.3	25.3
	Momo's	21	14.0	14.0	39.3
	Noodles	24	16.0	16.0	55.3
	More than 1	63	42.0	42.0	97.3
	None	4	2.7	2.7	100.0
	Total	150	100.0	100.0	

Inference 5.5: Basically if we talk about preferred food then out of 150 people most of the people i.e. 24 people preferred Noodles which is 16% of total population but apart from single preferences 63 people which is 42% of total population go for more than one choice and they eat whatever they want according to their mood. There are also 4 (2.7% of 100%) people out of 150 which are not interested in taking of fast food. This is not very strange but the point is in the present scenario of showoff, few people are

conscious about their health and not flowing with the storm of the showoff.

Now we have to see that apart from food preference, which time they choose for the consumption of the fast food and the results are little bit shocking because we assumed a particular time but the result are little bit different.

5.6 When you eat fast food

Table 5.6

	Frequency	Percent	Valid Percent	Cumulative Percent
Break fast	14	9.3	9.3	9.3
Lunch	23	15.3	15.3	24.7
Dinner	28	18.7	18.7	43.3
Anytime	85	56.7	56.7	100.0
Total	150	100.0	100.0	

Inference 5.6: More than 50% people are used to of taking fast food at any time they are not fixed for particular time. 85 people which are 56.7% of total population are not selected any particular time and 28

people which are 18.7% of total population are mostly take fast food as their Dinner. Only 14 individual marked on the option of breakfast which are 9.3% of 100%.

5.7 From when you have started eating fast food * what is the effect of fast food on your body Cross tabulation

Table 5.7 (a)

		What is the effect of fast food on your body			
		Heart disease	Obesity	Liver disease	Piles
From when you have started eating fast food	<1 year	0	2	0	0
	>1 year	0	4	2	0
	>5 years	0	6	3	7
	>10 years	7	15	10	9
Total		7	27	15	16

5.7 (b) from when you have started eating fast food * what is the effect of fast food on your body Cross tabulation

Table-5.7(b)

		What is the effect of fast food on your body		
		GIT Ulcer	None	
From when you have started eating fast food	<1 year	1	7	10
	>1 year	0	10	16
	>5 years	4	34	54
	>10 years	0	29	70
Total		5	80	150

Inference 5.7: According to the study and the results, by taking fast food the most common problem is obesity from initial stage, 2 people is suffering by obesity who started taking fast food from less than 1 year and 1 person is also suffering by GIT ulcer which is not seems to be more prone. In total 27 people suffering by obesity which is the most common by fast food consumption. Liver disease and piles is also a serious problem by FF. On taking more than 10 years 7

people said they are suffering by heart disease. This is also a major problem associated with fast food which can cause fetal condition for body. Apart from all these problem caused by fast food, 80 people claims that they are not suffered by any problem but 7 people of heart disease, 27 people of obesity, 15 people of liver disease, 16 people of piles, and 5 people of GIT ulcer should not avoided who are facing these problems due to consumption of fast food.

5.8 What is your preferred fast food * What is the effect of fast food on your body Cross tabulation

Table: 5.8(a)

		What is the effect of fast food on your body			
		Heart disease	Obesity	Liver disease	Piles
What is your preferred fast food	Burger	0	0	0	0
	Fries	0	4	0	0
	Pizza	0	4	3	3
	Momo's	2	3	7	0
	Noodles	0	9	3	2
	More than 1	5	7	2	11
	None	0	0	0	0
Total		7	27	15	16

5.8 (b) What is your preferred fast food * What is the effect of fast food on your body Cross tabulation

Table: 5.8(b)

		What is the effect of fast food on your body		
		GIT Ulcer	None	
What is your preferred fast food	Burger	0	13	13
	Fries	0	7	11
	Pizza	0	4	14
	Momo's	0	9	21
	Noodles	0	10	24
	More than 1	3	35	63
	None	2	2	4
Total		5	80	150

Inference 5.8: When it comes to choice of fast food, according to the study all listed fast food causes

problems and no doubt fast food are not considered as safe food for all the generation. Majorly 27 people are suffering by obesity by taking different fast food.

80 people claims that they have no any problem by fast food but 70 people are suffering by various diseases out of which 7 people of heart disease, 27 of obesity, 15 of liver disease, 16 of piles, 5 of GIT ulcer are facing problems by fast food.

People who are prefer a single fast food item as their choice, out of then 24 people said they are

facing disease by consumption of Noodle's. Most no of people (63 individuals) are said they prefer more than one choice of fast food and facing various health related problems like HD, GIT ulcer, piles, obesity, and LD. And according to the data analysis Noodle's and momo's are more unhealthy food and people who are taking Noodle's, momo's are more prone to various diseases.

5.9 What is your gender * what is the effect of fast food on your body

Table: 5.9(a)

		What is the effect of fast food on your body				
		Heart disease	Obesity	Liver disease	Piles	GIT Ulcer
What is your gender	Male	4	12	3	4	2
	Female	3	8	11	10	3
Total		7	20	14	14	5

5.9 (b) What is your gender * what is the effect of fast food on your body

Table-5.9 (b)

		What is the effect of fast food on your body		Total
		None		
What is your gender	Male	37		62
	Female	53		88
Total		90		150

Inference 5.9: In case of gender and effect of fast food on body, female are more prone towards LD and piles 11 female suffering by LD and 10 female by Piles whereas 12 male suffering by obesity.

5.10 What is the age group * What is the effect of fast food on your body Cross tabulation

Table: 5.10(a)

		What is the effect of fast food on your body				
		Heart disease	Obesity	Liver disease	Piles	GIT Ulcer
What is the age group	10-20	0	6	0	0	1
	20-35	5	16	10	9	1
	35-50	2	5	5	7	3
Total		7	27	15	16	5

5.10 (b) What is the age group * What is the effect of fast food on your body Cross tabulation

Table-5.10(b)

		What is the effect of fast food on your body		Total
		None		
What is the age group	10-20	47		54
	20-35	23		64
	35-50	10		32
Total		80		150

Inference 5.10: On the behalf of age group, mostly youngsters are more affected by consuming fast food and the age group of 20-35 years old, 16 people suffering by obesity and 10 people by liver disease.

Among all age group mostly people are suffering by obesity (27 individuals) which is more than any other problem and 15 of piles and 15 of LD.

5.11 What is the age group * Do you know that fast food causes obesity**Table-5.11**

		Do you know that fast food causes obesity		Total
		Yes	No	
What is the age group	10-20	47	7	54
	20-35	55	9	64
	35-50	21	11	32
Total		123	27	150

Inference 5.11: A cross tab examination between two questions i.e. what is your age group and do you know that fast food cause obesity is done and out of total 150 people largely 55 people form the age

group of 20-35 are more aware and 47 from 10-20 and 21 from 35-50. Most important thing is 27 people from all age group said they even don't know that FF cause obesity.

5.12 What is the age group * whether you have monitored your weight or not**Table: 5.12**

		Whether you have monitored your weight or not		Total
		Yes	Not Monitored	
What is the age group	10-20	7	47	54
	20-35	6	58	64
	35-50	13	19	32
Total		26	124	150

Inference 5.12: In case of weight monitoring people are very lazy and unaware. In the study we found that only 26 people are monitoring their weight timely and 124 people don't even check weight whether they are gaining weight or losing weight. This is also a

major problem towards the problem associated with FF. If people monitor their weight regular basis this will help them to control their weight which reduce the chances of various health related problems

5.13 What is the age group *Are you aware about the diseases caused by fast food Cross tabulation**Table: 5.13**

		Are you aware about the diseases caused by fast food		Total
		Yes	No	
What is the age group	10-20	27	27	54
	20-35	62	2	64
	35-50	26	6	32
Total		115	35	150

Inference 5.13: When it comes to the awareness about the disease according to age group of the people, 20-35 age group is more aware about the disease caused by the FF. total number of 62 people are aware about the diseases and 2 said they don't know

about this. 27 people from the 10-20 age group said they are aware whereas also 27 people said they don't. 30-50 age group is also aware about the problem associated and 26 people are aware whereas only 6 people said they don't know about the problem.

5.14 Did you work out daily?**Table-5.14**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	103	68.7	68.7	68.7
	No	47	31.3	31.3	100.0
	Total	150	100.0	100.0	

Inference 5.14: In the study we found that out of 150 people that are included in the study, 103 people are used to of daily work out by different methods. This

is the 68.7% of total population whereas 47 people (31.3%) are not go through daily work out.

5.15 Did you work out daily * Are you aware about the nutrition values of fast food**Table: 5.15**

		Are you aware about the nutrition values of fast food		Total
		Yes	No	
Did you work out daily	Yes	81	22	103
	No	17	30	47
Total		98	52	150

Inference 5.15: Out of 103 people who are monitor their weight regularly, 81 people are aware about the nutritional value of the FF that helps them to control the consumption of the FF and more over they

easily control their consumption of FF whereas 22 people are not aware about the Nutritional value of fast food.

5.16 Are you aware about the diseases caused by fast food * Do you know that fast food causes obesity**Table: 5.16**

		Do you know that fast food causes obesity		Total
		Yes	No	
Are you aware about the diseases caused by fast food	Yes	91	24	115
	No	32	3	35
Total		123	27	150

Inference 5.16: During the analysis of the data, cross examination between the numbers of people who are aware about the disease caused by the FF with the number of people who are aware that FF caused obesity. 91 people are aware with both the cases of

study and 24 people said they don't know anything about this. Out of 33 people who are aware about disease caused by the FF 32 are also aware about FF cause obesity and 3 said they are unaware about this.

5.17 What is your gender * whether you have monitored your weight or not**Table: 5.17**

		Whether you have monitored your weight or not		Total
		Yes	Not Monitored	
What is your gender	Male	11	51	62
	Female	15	73	88
Total		26	124	150

Inference 5.17: According to result and analysis, female are more conscious about their weight monitoring. Out of 26 people 15 are women that

monitor their weight regularly and only 11 male are monitor their weight timely.

5.18 What is your gender * Do you know that fast food causes obesity**Table-5.18**

		Do you know that fast food causes obesity		Total
		Yes	No	
What is your gender	Male	50	12	62
	Female	73	15	88
Total		123	27	150

Inference 5.18: Also in case of awareness about FF and obesity, female are also little bit more conscious then male. Total 73 female said they are

aware about the effect of FF that it cause obesity and 50 male said they are aware about the same. 12 male and 15 female are not aware about it.

5.19 Are you aware about the diseases caused by fast food * whether you have monitored your weight or not**Table: 5.19**

		Whether you have monitored your weight or not		Total
		Yes	Not Monitored	
Are you aware about the diseases caused by fast food	Yes	16	99	115
	No	10	25	35
Total		26	124	150

Inference 5.19: Number of people who are aware about disease caused by FF and number of people who are monitoring their weight are little unexpected and most people are not conscious about

their health. Only 16 people monitor their weight that re aware about the disease caused by the Fast food whereas 99 people not monitor their weight and are aware about the disease caused.

5.20 What is the medium of workout * Are you aware about the nutrition values of fast food**Table-5.20**

		Are you aware about the nutrition values of fast food		Total
		Yes	No	
then what is the medium of workout	Walking	52	27	79
	Cycling	4	0	4
	Gym	7	7	14
Total		63	34	97

Inference 5.20: In case of working-out, total 97 people are used to working-out whereas total number of people include in research are 150. Medium of workout are walking for 79 people, cycling for 4 people and gym for 14 people. Decrease the use of bicycle due to

showoff also affect the human body which reduces the physical labor of the body. Out of 97 people only 63 people are aware about the nutritional value of the fast food and 34 said they dint know about this.

5.21 How many times in a week you consume fast food * Did you work out daily Cross tabulation**Table-5.21**

		Did you work out daily		Total
		Yes	No	
How many times in a week you consume fast food	0 times	6	0	6
	1-2 times	38	24	62
	3-4 times	33	18	51
	>5 times	26	5	31
Total		103	47	150

Inference 5.21: According to the data analysis it is clear that out of 150 people, who are taking FF 1-2 times in week are more conscious about working out daily (38 people). It means that they know that FF cause various health issues so they consume less and work

daily. Who take FF 3-4 times a week are 33 people who work out daily and who takes more than 5 times a week 26 people work out daily and only 6 people work out daily who don't take FF.

5.22 Whether you have obesity/heart disease background or not * whether you have monitored your weight or not**Table-5.22**

		Whether you have monitored your weight or not		Total
		Yes	Not Monitored	
Whether you have obesity/heart disease background or not	Yes	3	19	22
	No	23	105	128
Total		26	124	150

Inference 5.22: In total 22 people said they have a family background of obesity/heart disease out of which only 3 people monitor their weight timely and 19 people no monitor their weight and 23 people

monitor their weight who don't have any obesity/HD family background. 104 said they don't monitor their weight and don't have obesity/HD family background.

5.23 Whether you have obesity/heart disease background or not * Do you know that fast food causes obesity

Table: 5.23

		Do you know that fast food causes obesity		Total
		Yes	No	
Whether you have obesity/heart disease background or not	Yes	13	9	22
	No	110	18	128
Total		123	27	150

Inference 5.23: People with obesity/HD family background are aware about obesity by FF or not are analyzed by the data collected and out of 22 people who have obesity/HD background 13 people are aware about the obesity caused by the fast food and 9 said they don't know. Out of 128 who don't have obesity/HD family background 110 said they know that FRF cause obesity and 18 said they don't know that FF cause obesity.

CONCLUSION

Fast food is convenient and tasty food and easily available at anywhere now a days and people like it more than healthy food because of spices used and availability of food anytime and contain low nutritious and unhealthy ingredients. Youngsters prefer fast food more and spend lots of money just because of taste and show off in front of friends and society to show that they are modern and belong to rich family. There are much greater side effects of fast food and people are unaware of its ill consequences. It can tend to many detrimental diseases.

People prefer fast food basically at the time of dinner but according to study large population take FF at any time. As more people from age group of 20-35 are take part in the research and are more enthusiastic towards FF and taking fast food more than 10 years that will going to create problems with these in future who are not affected by fast food yet. People like to eat fast food, outside their homes and hunger can be satisfied with fast food. Fast food also used for the sake of enjoyment and fun. It is also evaluated that prolonged use of fast food is also a cause of health problems, obesity, indigestion problem and high cholesterol, HD, LD, piles, and GIT ulcer.

Due to good taste and fluent availability people prefer fast food over home cooked food. Fast food is also a major cause of avoiding proper nutrition. People prefer fast food at their workplace due to their busy schedules. Also student prefer fast food at their school and college with their friends to remove hunger and also due to taste of fast food. It is likely that a greater proportion of adolescents consume junk food

and even a lesser proportion eats moderate amounts of vegetables and fruits. However, with the increase in income there will be however, with the increase in income there will be more likeness toward fast food more likeness toward fast food.

DISCUSSION

Fast food is tasty and convenient because it has been prepared with low nourishing ingredients. Pizza, fried chicken, burger etc. are the most famous junk foods. Fast food companies are targeting kids and youngsters through delicious foods and attractive advertisement. Junk foods causes increase in cholesterol, liver disease, sexual dysfunction, kidney disease, cancer etc. by taking fast food. Many people agreed that hunger has been satisfied by taking fast food as it contains fat and oily content. People having health consciousness do not take fast food. Due to good taste and fluent availability people prefer fast food over home cooked food. People prefer fast food at their workplace due to their busy schedules. Moreover, fast food is also an addiction for most of the people. People spend less money on fast food with the increase in age as youngsters have more passion toward it. Moreover, as the older people hesitate to consume fast food so there are less health problems in older people as compared to younger ones due to consumption of fast food.

Limitations and Suggestions

Due to less finance data had been collected only from one specified area. Futuristic researchers must cover other cities, particularly major cities of India for better results.

RECOMMENDATIONS

It is recommended that fast food restaurants should use healthy ingredients in making of fast food. Parents should keep an eye on the diet of their children. Excess and prolonged use of junk food can have many ill consequences. Moreover, policy makers should limit or ban the unhealthy fast food restaurants. Media should spread awareness among people about the side effects of fast food.

Abbreviations used

- FF: Fast food
- HD: Heart disease
- LD: Liver disease

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ATTACHMENT**Questionnaire for Consumption Fast Food**

The questionnaire covers the topic Consumption of Fast Foods.

Please tick (Ö) where necessary. You may only choose one answer.

Gender: Male Female

Most popular fast food**Does branding affect the chosen fast food?**

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

Fast food prices are influencing the chosen fast food.

- Strongly Agree
- Agree

- Neutral
- Disagree
- Strongly Disagree

Which of the following fast food restaurant that you like to revisit in the future?

- Kentucky Fried Chicken (KFC)
- McDonald
- Pizza Hut
- A&W
- Domino
- Subways
- Burger King
- Others (Please specify): _

What do you usually eat/order at fast food restaurant?

- Burger
- Fries
- Pizza
- Fried chicken
- Sandwich
- Ice cream
- Others (Please specify): _

What beverage do you usually order with fast food meal or snack?

- No drink
- Mineral water
- Carbonated soda
- Carbonated diet soda
- Fruity juice
- Milk and shake
- Lemonade
- Tea / coffee
- Others (Please specify): _

Effects of fast food consumption**Number of times a week you consume fast food**

- 0 times
- 1-2 times
- 3-4 times
- 5 times or more

When do you typically eat at fast food restaurant?

- Breakfast
- Lunch
- Dinner
- Snack

What time of day do you eat fast food?

- Before 11am
- Between 11am and 2pm
- Between 2pm and 6pm
- Between 6pm and 10pm
- After 10pm

Reasons for choosing to eat at fast food (You may select more than one from the following)

- Advertisement
- Enjoy the taste
- Lack of cooking skill
- Limited time
- Cost / Price
- Variety of menu
- Eat with friend / family

How does nutritional information influence your choice regarding fast food?

- Not at all
- Rarely
- Sometimes
- Most of the time
- Always

Taking fast food depends on the emotion. Emotion factors such as happy, sad, angry and stress

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

The awareness level of students regarding effects of fast food consumption

Are you aware about nutritional information and ingredients content in each of fast food that you consume?

- Never
- Sometimes
- Always

Which one of these ingredients will affect your body?(You may select more than one from the following)

- Ammonium sulphate
- Ammonium chloride
- Calcium carbonate
- Calcium propionate
- Trans fats

Are you aware of disease that will affect you from consumption of fast food?

- Never
- Certainly
- Absolutely

Which of the following are effects (disease) from taking fast food frequently? (You may select more than one from the following)

- Heart disease
- Obesity
- Dyslipidemia
- Polycystic Ovary Syndrome

- Sleep apnoea
- Arthritis
- Blount disease
- Liver damage
- Stroke

Do you know taking fast food frequently may cause obesity?

- Yes
- No