

An Analysis of Side effects of Junk food on Humans Health

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ABSTRACT: *Junk meals are high in calories, sodium, and saturated fats. Excessive intake of junk foods contributes to a broad range of health problems. School canteens provide high-fat, high-sugar meals, which contribute to adolescent weight gain as well as other health issues such as infections, food poisoning, and dental disease. Consumption of junk foods may discourage youngsters from eating nutritious meals at school or at home. High consumption of junk foods such as Maggi noodles, burgers, pao-bhaji, sandwiches, hot dogs, patties, pastries, pop-corn, potato chips, carbonated drinks, biscuits, muffins, toast, kulcha-channa, samosa, chocolates, and other similar foods has become a common feature of adolescent diets around the world. They often eat too many fast meals while consuming insufficient amounts of fruits, vegetables, and dairy products. It's one of the most efficient ways to change people's eating habits without hurting their feelings. Nutrition counselling on the significance of a balanced diet and the negative effects of junk foods will aid in the reduction of junk food addiction and the improvement of nutritional status.*

KEYWORDS: *Calorie, Food, Health, Junk, Meal.*

1. INTRODUCTION

Following infancy, adolescence is the only period where the pace of physical development actually rises. This rapid development surge is accompanied by hormonal, cognitive, and emotional changes, making adolescence a particularly vulnerable time. First, owing to the rapid rise in physical growth and development over a relatively short period of time, there is a higher need for calories and nutrients. Second, adolescence is a period when people's lives and eating habits change, affecting nutritional requirements and consumption. Third, teenage individuation implies greater chances to express dietary preferences and broaden or limit healthful alternatives[1].

Three phases of adolescence may be identified. The beginning of puberty and increasing cognitive development define early adolescence (11-14 years of age). Increased freedom and exploration define middle adolescence (15-17 years of age). Late adolescence (18-21 years old) is a period when significant personal and professional choices must be made. Poor nutrition throughout any of these phases may have long-term effects on an adolescent's cognitive development, resulting in reduced learning capacity, focus, and school performance. Junk food consumption has become fashionable. The kids despise nutritious foods prepared at home. Junk food is harmful to one's health. Burgers and pizza raise cholesterol levels in the human body. The amount of fat in the human body rises. The rise in body fat is harmful to the heart[2].

Soft drink use increases the amount of harmful pollutants in the human body. It has an impact on the bones, skin, and kidneys. Because of its wonderful flavour, a good nutritious or balanced diet is a fundamental requirement of every kid for their growth and development. The majority of children of this age consume junk food at mealtime and get hooked to the flavour of junk

food, which, although delicious, has a poor nutritional value and is heavy in calories. Many individuals attempt to avoid or restrict their intake of junk food. Consequently, such food is unhealthy, despite the fact that many food producers provide a variety of items that might be classified as junk food. It food is defined as anything that is fast, delicious, handy, and trendy. The most frequent scenario is a kid who comes home from school and sits in front of the television with a bowl of wafers or other junk food. Junk foods are unhealthy and have a variety of negative consequences[3].

Children grow fat as a result of poor nutritional value and excessive calorie intake. Junk meals are also loaded with artificial colours that are carcinogenic and damaging to the body. These meals and their effects on the digestive tract may take years to manifest. Food colouring has been linked to hyperactivity and attention problems in youngsters in studies. As a result, food with artificial colouring is discouraged for children with learning impairments. Poor eating habits may jeopardize these learning prerequisites, as well as drain the strength that youngsters need to make friends, connect with their families, and participate in sports and activities. Junk foods are often substituted for normal foods, which is detrimental to one's health[4].

The adolescent era is marked by high calorie and protein needs. The child's appetite grows, and he consumes more carbohydrate-rich meals. Vitamin C and vitamin A intake may be inadequate as a result of poor snacking habits. Despite the fact that many food manufacturers create a variety of items that might be called junk food, many individuals attempt to avoid or restrict junk food in their diets due to worries that it is unhealthy. Nutritionists, physicians, and other health advocates often strive to educate people about junk food and encourage them to adopt well-balanced diets rich in nutritious foods[5].

A study of American adolescents' eating habits discovered a connection between the amount of time they spent in front of the television and the quality of food they ate later in life. Teenagers who watch more than five hours of television each day as adults consume more junk food than those who watch less. Researchers selected slightly under 2,000 students from middle and high schools throughout the United States and asked them how many hours of television they watched each day. They examined the diets of the volunteers five years later, when the younger ones were in their late teens and the older ones were in their early 20s. The researchers discovered that individuals who had watched the most television five years before had substantially greater intakes of fried food, sugary beverages, and snacks, but significantly lower intakes of vegetables, fruit, and fiber.

The average calorie intake of young people who watched more than five hours of television per day as adolescents was 10% greater than those who watched less than two hours per day. According to the research published in the International Journal of Behavioural (corr) Nutrition and Physical Activity, their average fast food intake was 15% higher and their consumption of sugary beverages was 17% higher than those who watched the least television as adolescents. 6 Healthy, nutrient-dense foods have been supplanted by the new food mantra: JUNK FOOD! Junk food is defined as anything that is fast, delicious, handy, and trendy. It seems to have swallowed people of all ages and races, with the newest arrivals being youngsters. Wafers, colas, pizzas, and burgers have become the most important things in the world. The most

typical scene is a kid returning home from school and plopping himself in front of the television, followed by a bowl of wafers and a can of cola.

Children seem to have walked into a world of fast food and vending machines, completely oblivious to the devastation they are doing on themselves[6]. The tentacles of a junk food environment are practically unavoidable for youngsters who have little vision of the heart disease, cancer, high blood pressure, or diabetes that may strike those decades later. According to studies, arteries may begin to clog as early as the age of 30, laying the foundation for future heart attacks. From adolescence onwards, what youngsters consume has an impact on their chances of developing prostate and breast cancer. Other illnesses, such as osteoporosis and hypertension, seem to have their origins in infancy, when lifetime dietary patterns are established. Children are particularly at risk. Poor nutrition may stunt development, cause tooth decay, encourage obesity, and plant the seeds of infirmity and crippling illness, which can progress to incurable sickness and make life unbearable. Junk food is just a calorie-free meal[7].

1.1. Effect Of junk Food and Beverages:

1.1.1 Obesity:

Nutritional deficiencies, obesity, elevated cholesterol levels, heart issues, and a slew of other health risks are all consequences of junk food consumption. The majority of these fast and easy meals are rich in salt, which raises and exacerbates the risks of high blood pressure. Adults need between 1,200 and 1,500 mg of salt per day, according to the National Research Council of the National Academy of Sciences' guidelines. While the body needs a certain amount of sodium, too much sodium may lead to excessive blood pressure. Sodium may also cause fluid retention in individuals suffering from congestive heart failure, cirrhosis, or renal disease. The calories in fast food come from processed sugars and fats (especially, the artery-clogging saturated and hydrogenated fats, which are repeatedly reheated to high temperatures for frying purposes).

Another problem in the fast food business is the dangers that fast food restaurants pose to people's health. The E. coli bacterium, which may be found in meat products, is a particular danger. The handling and procurement of meat is difficult to control due to the lengthy supply chain that fast food companies operate in. Obesity is caused by eating fast food and living a sedentary lifestyle. Other consequences of obesity include a rise in cholesterol levels, artery blockage, and an increased risk of coronary heart disease, in addition to the overall physical discomfort caused by the additional weight. Fast food is extremely addicting, making it difficult to give up greasy and fatty meals, as well as fizzy beverages, in favour of healthier alternatives.

A structured teaching program is one of the core thrusts of health education. It assists teenagers in gaining sufficient information about the negative or hazardous consequences of fast meals. If they get sufficient information, it will assist them in overcoming the negative consequences at an earlier time. As a result, they will be aided or encouraged to obtain appropriate and prompt medical advice. Despite the fact that many studies have been conducted in the field of the harmful effects of fast foods on health, the researcher was unable to locate a valid study that

evaluated the effectiveness of a structured teaching program on adolescents' knowledge of the harmful effects of fast food on health[8].

1.1.2 Heart Disease:

Fast meals are rich in fat and sugar, which are not only harmful but also addicting, creating a vicious cycle that makes it difficult for children to make good dietary choices. Children are predisposed to eventual heart disease due to the high amount of transfat in commercially accessible fast meals. Fast food has an energy density that is more than double that of the recommended daily limit for children, indicating that steps have been made to liberalize international commerce and lower the cost of food grains. However, trade liberalization has resulted in a huge invasion of fast food outlets into the Indian market. Imposing a high tariff on imported and produced ready-to-eat foods may help to curb this trend. Fast food consumption results in a higher proportion of calories derived from total and saturated fat. Furthermore, the micronutrient content (carotene, vitamin A, vitamin C) of fast food is also low, with low levels of calcium and magnesium in the measures taken to liberalize international trade and lower the cost of food grains. However, trade liberalization has resulted in a huge invasion of fast food outlets into the Indian market. Imposing a high charge on imported and produced ready-to-eat foods may help to curb this trend[9].

1.1.3 High Blood Pressure:

High sodium levels have been suggested as a major cause of high blood pressure. Sodium has been shown to influence the renin-angiotensin system in the kidneys, which causes arterioles to contract, resulting in elevated blood pressure. The salts employed in the recipe also have an influence on their excretion via the kidneys, affecting the renal system. High cholesterol from junk food has a long-term effect on the liver, where it is digested and ultimately damages it. Cholesterol and salt are known to trigger a chain reaction of high blood pressure, stroke, and heart disease. Excess salts may also have an impact on renal function. Excess fats and oils, as well as spices added to these meals, irritate the stomach mucosa, resulting in excessive hydrochloric acid output and gastritis.

Another effect of a junk food habit is poor focus, which is proven to impact people in the short and medium term. There is a sense of sleepiness and inability to focus after eating a delicious junk dinner high in oil. Consumption of junk food over a long period of time may reduce blood circulation owing to fat build-up. Lack of oxygen, nutrients, and proteins, in particular, may cause the grey (brain) cells to get stale. The majority of the time, these junk foods include colours that are inedible, carcinogenic, and detrimental to the human body. Allergies to flavours and colours may result in asthma, rashes, and hyperactivity. Animal studies on rats have shown that eating junk food during pregnancy has negative impacts on the foetus' health[10].

1.2. Effects of Excess Fast Food Consumption:

Fast food intake is unquestionably detrimental to the health of children. Fast-food eaters consume more energy, fat, and saturated fat, salt, carbonated soft drinks, and have lower intakes of vitamins A and C, milk, fruits, and vegetables than non-fast-food eaters. Obesity,

hypertension, dyslipidaemia, and impaired glucose tolerance are all caused by a diet rich in sugar, salt, saturated fat, and calories. The frequency of fast food intake and body mass index have a favourable relationship. There is also an elevated risk of obesity among Dhaka private university students who consume fast food on a daily basis. Obesity-related issues in terms of morbidity and mortality have emerged as a result. Fast food may be linked to sloppy preparation, storage, and handling practices. It encourages microbial contamination and is even linked to the development of heart disease. The amount of energy in such foods is much more than the suggested limit for youngsters. It results in a greater caloric intake from total and saturated fat, as well as a lack of micronutrients. Osteoporosis is caused by calcium and magnesium deficiency in fast food. Diets high in free sugars have also been linked to an increased incidence of dental caries. Fast food restaurants and the practice of eating fast food are often criticized in Bangladeshi media owing to the adulteration of food products with food colours and other dangerous chemicals, as well as the restaurants' microbiological safety and sanitation. Food colouring compounds are thought to be carcinogenic.

1.3. Reduction of Fast Food Consumption:

Healthy food consumption is improved by the availability of healthy food, as well as campaigns and monitoring on illness and its connection with dietary habits. Children's eating habits may also be improved via school-based initiatives and health education. One of the most successful methods for buying nutritious meals is to lower the price. A substantial rise in low fat snack intake has been linked to price reductions and the installation of a reduced fat label among the teenage population. The time has come for fast food and junk food advertisements in the media to be rigorously regulated. Televisions, radios, newspapers, and the school midday meal program should all promote healthy eating.

Children should be encouraged to eat healthy meals that are easily accessible and inexpensive at home. In nations like ours, the government must take steps to decrease the cost of food grains. The imposition of a levy on ready-to-eat foodstuffs may be beneficial. Nutritional content disclosure in terms of calorie, added sugar, fat, minerals, and protein on food labels may be a step forward in this regard. Implementing rules governing the marketing and sale of fast food may be another step in limiting our children's consumption of this type of food. The recent addition of attractive chapters on food and nutrition to several text books for school-aged youngsters is unquestionably a good step toward reducing harmful fast food consumption. This action also encourages our youngsters and their parents to eat a well-balanced diet.

2. DISCUSSION

Fast food consumption is a common dietary practice among today's youth. Children's diets high in sugar, saturated fat, salt, and calories may contribute to the early development of health problems. There are a variety of reasons why children consume such foods. The majority of fast food consumers are aware of the harmful consequences of eating fast food. They, on the other hand, eat fast food without thinking about their health problems. Fast food addiction is becoming more prevalent among the younger generations, indicating a significant public health issue. To address this health issue, immediate and required measures should be done. Implementing legislation to control the marketing of fast meals may be a critical step in

decreasing children's fast food intake. Children may be saved from the negative consequences of fast food if they are made aware of good eating habits.

3. CONCLUSION

During the school week, almost a quarter of the teenagers missed breakfast at least once. Breakfast was missed by a higher percentage of teenagers attending private schools than those attending public schools. It's most likely due to the private schools' early school start times. Furthermore, kids from private schools must board their school buses at least an hour before classes begin. This study's proportion of teenagers who missed breakfast (23.3%) matches those of research conducted in the United States. Only 27.1% of teenagers always brought their lunch to school. In fact, none of the government school attendees ever brought lunch to class. As a consequence, 84.5 percent of teenagers in government schools eat junk food, which is often inexpensive and readily accessible near the school. According to the results of the research, 41.4 percent of teenagers do not have supper with their parents, and 21.2 percent eat dinner while watching television. The mass media has been shown to have an impact on children's dietary choices. According to the research, 45.7 percent of teenagers eat out at least once a week. In fact, dining out is highly linked to the intake of junk food. When compared to those who have never eaten out, adolescents who go out for supper have a two-fold greater risk of eating junk food. Adolescents who ate reasonable quantities of vegetables and fruits on a daily basis were also less likely to eat junk food than those who ate less vegetables and fruits. Other research have verified the significance of the variables shown to be strongly related with junk food intake. Parental eating modelling was shown to be a major influence in the intake of vegetables and fruits. This has been confirmed in investigations conducted in a number of European nations. The goal of this research is to learn more about the environmental and personal variables that influence teenagers' eating habits and food choices. The findings of this study show that early school timings act as a barrier to having a regular breakfast, resulting in adolescents skipping breakfast; the vast majority of adolescents consume junk foods of some kind on a daily basis, with government school adolescents consuming more unhealthy junk foods; and the majority of adolescents believe that the benefits of e-cigarettes outweigh the risks. It's possible that everything we've seen thus far is only the top of the iceberg. It's probable that a larger percentage of teenagers eat junk food, with even fewer eating reasonable quantities of veggies and fruits.

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