



JUNK FOOD EXPOSURE LEADS TO HEALTH PROBLEM IN CHILDREN

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ABSTRACT

In this paper eating junk food has become a trend. The children hate homemade healthy food. Junk food is injurious to health. Eating Burger and Pizza increases cholesterol in human body. The fat in human body increases. The increase fat is dangerous for heart. Drinking soft drinks adds dangerous toxins in human body. It affects the bone, skin and kidney. Good nutritious diet or balance diet is basic need of every child for their growth and development Because of low nutritive value and high calories, children become obese. Junk foods are also laced with colours which are often in edible, carcinogenic and harmful to the body.

Keywords: Junk food, Carcinogenic, Obesity

Introduction

The term “junk food” is used to describe food that is low in nutritional value, with a comparatively high caloric value. Many people try to avoid or limit such food in their diets, out of concerns that it is not healthy, despite the fact that numerous food manufacturers produce a range of products which could be considered junk. Nutritionists, doctors, and other health advocates often work to educate people about junk food, encouraging them to eat well balanced diets which contain a high proportion of healthy foods. Many foods such as hamburgers, pizza,

and tacos can be considered either healthy or junk food depending on their ingredients and preparation methods

The main reasons are the change in lifestyle. Many people are working long hours, shifts, or extended school days. They don't have time to find ingredients or prepare good food. Women are now starting to work in the Emirates, and this can result in less time being available for preparing family meals. Another cause is the huge number of young, affluent people in the United Arab Emirates. The rapid development of the country has meant that young people, who comprise over 75% of the population, have money to spend. A third reason is advertising that is free-market country, with all forms of media such as the Internet and satellite television, and people like to try new products and different kinds of fast food

Most of the children of this age during their meal time eat junk food and get addicted to the taste of the junk food. Though, junk foods are tasty but it has low nutritive value and high calories

This term was coined in 1972 by advocates at the Center for Science in the Public Interest who wanted to raise public attention about the issue of foods with a high caloric value and a low nutritional value. For manufacturers, producing such foods has great appeal, as they tend to be cheap to make and easy to handle. They also have an extended shelf life, making them easy for stores to stock and sell.

Causes of consuming junk food

- Easily availability
- Less time consuming to prepare
- Cheap in cost
- Advertising junk food
- Peer group pressure
- Follow western culture
- quick, tasty, convenient and fashionable
- TV and mass media
- Unawareness
- Ignorance and Negligence

Actual Negative Effects of junk food on the Body

- Diarrhea
- Food Poisoning
- Vomiting
- Gastritis

Potential Negative Effects of junk food on the Body

- Cancer
- Liver disease
- Asthma
- Obesity
- Diabetic
- Extra Calories
- Insulin Resistance
- High Blood Pressure
- Bloating and Puffiness
- Shortness of Breath
- Depression
- Dental Distress
- Blood Sugar Spike
- A Weighty Problem
- High Cholesterol
- Acne

Liver disease

Diets high in fast food can be highly toxic to the liver and other internal organs, but that damage can be reversed, says one of the country's leading experts on non-alcoholic fatty liver disease, who offers four steps to undo the effects of a 'super-size me' diet.

Obesity

This study done by the Centre for Science and Environment (CSE) on junk food and nutrition has disclosed that most of the junk foods contain very high levels of trans fats, salts and sugar – which inevitably lead to severe ill health and diseases like obesity and diabetes frequent, large meals high in refined grains, red meat, unhealthy fats, and sugary drinks—plays one of the largest roles in obesity

High Blood Pressure

Excessive salts can affect functioning of kidneys too. Excess fats and oils along with spices added in these foods act as an irritant to gastric mucosa leading to excess secretion of hydrochloric acid, leading to gastritis. Poor concentration is another result of junk food habit known to affect in immediate and medium term periods. When a sumptuous junk meal rich in oil is taken, there is a feeling of drowsiness and failure to concentrate. The junk food eating over a sustainable period of time can drop blood circulation due to fat accumulation. Lack of vital oxygen, nutrients and proteins particularly can stale the grey (brain) cells temporarily. Most of the times these junk foods contain colours, which are often inedible, carcinogenic and harmful to the body. Flavourings and colourings can be allergic causing asthma, rashes and hyperactivity.

High cholesterol

Trans fats, often found in fast food, are known to raise LDL cholesterol levels. That's the undesirable kind of cholesterol. It can also lower HDL cholesterol. That's the good cholesterol. Trans fats may also increase your risk of developing type 2 diabetes.

Too much sodium helps to retain water, so it can cause general bloating and puffiness. Sodium can contribute to high blood pressure or enlarged heart muscle. If you have congestive heart failure, cirrhosis, or kidney disease, too much salt can contribute to a dangerous build-up of fluid. According to the American Heart Association, children who have a high-sodium diet are at twice the risk for developing high blood pressure than children on a low-sodium diet. Excess sodium may also increase risk for kidney stones, kidney disease, and stomach cancer.

Depression

Depression and diet may be related. Several studies have found that people who ate a poor quality diet — one that was high in processed meat, chocolates, sweet desserts, fried food, refined cereals and high-fat dairy products — were more likely to report symptoms of depression. The good news is that the people who ate a diet rich in fruits, vegetables and fish were less likely to report being depressed.

There is a direct relationship between eating fast food or commercial baked goods (doughnuts, cakes, croissants) and the risk of developing depression, according to a recent study by scientists from the University of Las Palmas de Gran Canaria and the University of Granada.

The findings reveal that consumers of fast food are 51 percent more likely to develop depression than minimal or non-consumers.

Respiratory disease

Obesity is associated with an increase in respiratory problems, and treating those ailments may be more complicated. Even without diagnosed medical conditions, obesity may cause episodes of shortness of breath or wheezing with little exertion. Obesity may play a role in the development of sleep apnea and asthma.

Blood sugar level

Regularly eating fast food over an extended period may increase your chances of type 2 diabetes, according to study findings published in a January 2005 “Lancet” article. According to the 15-year study, people who ate fast food at least three times a week gained an extra 9.9 pounds of body weight and had a two-fold greater increase in insulin resistance when compared to those who ate fast food less than once a week. Insulin resistance occurs when the hormone insulin does not properly regulate blood glucose levels. Hypertension, dyslipidemia and cardiovascular disease are also linked to insulin resistance.

Cancer

The study is based on data from 2,062 colorectal cancer patients and 2,776 controls from Scotland, between ages 16 and 79. The patients all visited a surgical unit in Scotland sometime between 1999 and 2006. Researchers had all the study participants complete questionnaires about their lifestyle habits, including what kinds of foods they ate and how frequently they ate them.

It confirmed known risk factors for colorectal cancer, such as smoking and having a family history of cancer. But they also found links between risk and diet, with fat- and sugar-filled snack foods, such as desserts, biscuits and cakes, having an association with higher colorectal cancer risk.

" Fruit and vegetables juices also were associated with higher colorectal cancer risk, which researchers said could be "because fruit and vegetable juices have different properties compared with the whole fruit or vegetable they come from, as the majority of them contain sugars, preservatives and other additives."

Conclusion

Fast food, although it is convenient and a tasty addition to a diet but the negative effects on physical health last much longer than these immediate concerns. With the high-calorie meals come more fat, cholesterol, salt and sugar and therefore fewer vitamins, minerals and other nutrients than in healthier foods. Consuming a healthy diet throughout the life-course helps prevent malnutrition. But the increased productions of processed food, rapid urbanization and changing lifestyles have led to a shift in dietary patterns. People are consuming more foods high in energy, saturated fats, trans fats, free sugars or salt/sodium, and many do not eat enough fruit, vegetables and dietary fibre such as whole grains. Junk foods are not healthy and have various ill-effects.

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