

# A Study on Fast Food Culture Among Adolescents

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**Abstract:** *An essential requirement for longevity is to 'eat well and live a healthy lifestyle'. Unfortunately, the modern world has adapted to a pattern of food consumption that leads to many negative health consequences. Now we have very little time to think that the field units we are about to play are correct given the way we are overwhelmed by change! Economic growth and urbanization have had a profound impact on people's eating habits, forcing more people to eat fancy, high-calorie fast foods colloquially called "junk food" The aim of the study as well as examine fast food consumption patterns as well as health problems*

**Keywords:** Diet, fasting, diet, youth, and testing are all factors to consider

## I. INTRODUCTION

Mindsets, relationships, and lifestyles are being transformed to the new jet age, and food habits are no exception. Another food mantra is JUNK FOOD!, which has replaced healthy and nutritious foods. In a global economy, junk food could become a global phenomenon. The availability of inexpensive foods and snacks, as well as the standardized ways in which such food manufacturers sell them, has led to the consumption of foods that do not require meal planning or preparation across all ages and ethnic groups, with children, especially schoolchildren, being the most recent arrivals on the stage. As a result of this study, a scientific article was developed that focused on food consumption, nutritional aspects and quality of junk food, health effects of consumption, and preventive measures to be implemented.

### JUNK FOOD :

Junk food simply means food without empty calories. Low-calorie foods can be foods that are high in calories or low in micronutrients such as vitamins, minerals, amino acids, and fiber and yet high in energy (calories). These foods lack the nutrients that should be healthy in your body. Therefore, these foods that do not have negative organic process value will be considered unhealthy and will be seen as junk food. Junk food is an informal term used for some foods that appear to have little organic process value or none at all, but in addition to which resources are once considered and consumed regularly about unwholesome, unwholesome things or used in some way. What makes these foods known as junk is that they contain refined sugar, white flour, Trans fats, polyunsaturated fats, salt, and various additives like monosodium salts, atrazine at the same time, proteins, vitamins, minerals, and fiber along with other healthy properties There is a lack of. These foods are low in enzyme-producing vitamins and minerals but rather high in calories. Foods that are high in fat, sodium, and/or sugar and provide a lot of calories but are unreasonable in price are often referred to as junk food. In contrast, food is easier to hold, buy and eat. Usually, junk foods are given an awesome look by adding additives and colors to enhance flavor, taste, and longer growing seasons.

### Objective :

1. To study the consumption of fast food
2. To study the increasing attraction of young people towards fast food.
3. To study health problems of young people

## II. REVIEW OF LITERATURE

The article —Why people eat junk food instead of healthy food finds that eating junk food on a regular basis is linked to obesity and chronic health conditions like high blood pressure, but many people still choose junk food from their whole food healthy and nutritious counterparts. They are also pre-packaged, making them easily accessible, but there are a lot of psychological triggers that often lead people to choose them as a meal or a snack.

The article — Indian fast food: top 10 chaat recipes by S.Parshita Saxena reveals that walk down any street in north India and you will find vendors offering various street foods like aloo chaat, padi chaat or yogurt bhalla full of the famous chaat. These are easy and everyone loves them.

The article —The effects of fast food on the body shows that obese fast foods can have a devastating effect on your body. For example, junk food increases your risk of obesity because it contains added fat, refined grains, sodium, sugar, and added sweeteners obesity and the root cause of countless health problems that can have a huge impact on your life.

The article —factors that Affect Fast Food Consumption written by Martin. W. Sivula reveals that the Consumption of fast food has become a global phenomenon and is especially popular among young adults and adolescents. Several studies have been conducted on this focus group— university students.

Article —Fast Food vs. Home Cooked Meals by Farah Sheikh reflects that fast. The food can satisfy you and is a perfect alternative to a home-cooked meal thanks to your busy lifestyle. However, fast food does you no good except to fill your calories. So let's do it. Compare fast food with home-cooked food in terms of nutrition and results and see how they will do They stand against each other.

The statement —The Real Reason We Eat Simple Food reveals that food availability If food is available, we will eat it. Forget willpower — the mere availability of food means we are more likely to eat it. This means that when you buy food, even if it's only for guests or special occasions, or have a tin of biscuits or a can of lollipops or a box of fundraising chocolates that, it works, you may or may not be hungry to eat are in great abundance. If you don't want to eat it, don't buy it. Keep food out of sight in areas where you spend a lot of time.

The article — 7 Tips to Avoid Junk Food and Lose Weight by Brown reveals that junk food includes sweets, potato chips, soda, and cookies Most people eat foods that don't taste good when they're hungry or stressed. Junk food provides instant gratification; However, it affects your health. Excessive consumption of macaroni, pizza, chips, cheese, and ice cream not only leads to uncontrollable weight gain but also leads to serious health problems. People who ate junk food saw negative changes in metabolism over two days.

The article titled —How Fast Food Advertising Affects Teenagers by Jeffery Carey reveals that fast food advertising has a huge impact on the eating behavior of teenagers and advertisers put a lot of pressure on them to be heavily targeted. Advertisers use a variety of channels that are readily and easily accessible to teens, such as TV, school marketing, and the Internet. Fast food advertising has a profound effect on adolescent eating behavior, leading to obesity and other outcomes

#### **Reason for Eating Fast Food :**

**Choosing Convenience.:** Busy schedules typically diminish the number of time individuals ought to prepare healthy, nutritious meals, in order that they make quicker, easier choices. Whole foods resembling vegetables and meat take time and room instrumentality to cook properly, whereas alimentation hamburgers are unit sometimes served at intervals minutes of ordering. Over time, that convenience becomes a habit and eventually a perceived necessity to stay up with such a fast society.

**Developing Addiction:** People may opt for food just because they need to develop a gentle physical dependence on that, foods high in sugar or fat lead to organic compound changes within the brain just like those who develop an addiction.

#### **Ways to Attract Consumers to Fast Food**

**Increase Innovation.** Consumers expect restaurants to stay up, to produce innovation, and to be relevant not solely on the menu, but within the overall eating house expertise. Operators that fail to introduce risk are unnoted by a major portion of shoppers.

**Offer Delivery:** Consumers' growing interest in delivery can offer eating house operators another vehicle to drive traffic. **Reward Lighter Users** To drive traffic amid a stagnant market, operators are doubtless to develop or expand reward and loyalty programs to tempt every kind of user — not simply the heaviest users. This includes lighter users who have traditionally been neglected because of the upper value of attracting and retaining them.

### TOP 10 COMMON INGREDIENTS IN FAST FOOD

1. Chicken: The Most Common Meat Product
2. Xanthan Gum: The Most Common Stabilizer or Thickener
3. Mono- and Diglycerides: The Most Common Emulsifiers
4. Soybean Oil: The Most Common Oil or Fat
5. Niacin: The Most Common Nutrient
6. Monosodium Glutamate: The Most Common Flavor Enhancer • Salt: The Most Common Flavor or Spice
7. Caramel Color: The Most Common Color Additive
8. High-fructose Corn Syrup: The Most Common Sweetener
9. Citric Acid: The Most Common Preservative

### The problem in the Consumption of Fast Food :

**OBESITY:** Fast food will increase the risk of obesity as a result of the fats, refined grains, sodium, sugars, and sweeteners in it. Obesity is the root explanation for infinite health issues that may have a heavy impact on your quality of life.

**Cardiovascular Diseases:** Trans fats will harm your vascular system. It will increase your possibility of developing heart disease and stroke. Also, with a weakened vascular system, it will get troublesome to perform physical activities.

**Nutritional Deficiencies:** Fast foods lack several essential nutrients, notably vitamins and minerals equivalent to calcium, iron, vitamins A, B, C, D, and E, potassium, zinc, and monounsaturated fats. If your body lacks these nutrients, it weakens the system and puts you in danger of health problems and infection.

**Liver Harm:** The liver has got to work tougher to get rid of Trans' fat from the body. This artificial fat will generally, build up within the liver and cause harm.

### The Real Reason We Eat Fast Food

- 1 Food Availability
2. Seeing others Eat
3. Keeping Busy

### III. CONCLUSION

Junk foods have actually sliced up the Third World due to economic processes. It's an integral part of life within the developed and also the developing world, and returning with it a massive increase in fat and associated problems. The key to feeding these junk foods is moderation, occasional consumption, and preferably in small parts. It's not impossible to win the war with junk foods against healthy foods. However, one should beware entice is so sturdy that you just are going to be confirmed. It should be remembered that the addiction to junk is nice for business. It's bushed our hands to opt for food or health. Avoid junk, and settle for Health! No Junk, know Health!

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