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Why You Should Not Eat Fast Food?

Given the fast-paced nature of living in large cities, it may be simple to become bogged down in monotonous routine at times. A typical citizen may not have time to meet even the most fundamental demands, like sleeping and eating, because they are always pressed for time. This is presumably the reason why it's so common to observe people dozing off on public transportation and why fast food outlets are constantly busy. Big city sleep deprivation is a well-known issue, and people are progressively realizing how important sleep is. However, things are not that straightforward when it comes to fast food. The majority of individuals continue to eat at McDonald's, Burger King, Subway, and other such establishments despite being aware of the risks. Such behavior should be examined from each of its contributing factors separately. This essay instead focuses on the benefits of quitting fast food as soon as possible.

Everyone is aware of the most apparent cause, which is the elevated chance of being obese. Obesity can occasionally be a result of psychological or medical concerns. However, unhealthy eating patterns and frequent intake of fast food are considerably more frequently to blame for obesity. People who habitually eat fast food have substantially increased chances of putting on weight, according to studies. Additionally, type 2 diabetes is more prone to strike them. Teenagers and children are unfortunately also at risk; these dangers do not just affect adults. Adolescent obesity rates have risen over the past 30 years. For kids, this indicator has increased by a factor of two over that time. Fast food contributes to obesity, which affects people of all ages. This may be due to effective advertising (Christ).

Fast food frequently contains a number of questionable substances, in contrast to organic food, which is by definition made from pure, natural materials. To begin with, various flavor enhancers are added to it to improve both its flavor and aroma. It is also possible to utilize conservatives and food preservatives, particularly the petroleum-related compound tertiary butylhydroquinone. As if that weren't bad enough, leftover medication and antibiotics may be found in fast food. How do they enter that area? The good news is that genuine meat is included in fast food. The bad news is that because animals are housed in such appalling circumstances, they frequently contract various ailments. Fast food producers may supplement animal feed with antibiotics to address this issue; subsequently, when you consume your next chicken burger, these antibiotics may enter your body (Gallam).

Eating fast food often exposes practically all of your body's organs to threats, in addition to the risks of being obese and being bombarded with dubious chemicals. For instance, it becomes much simpler to develop kidney illnesses since fast food is frequently oily and salty, which raises blood pressure, makes you crave various soda beverages (all of which are hazardous in their own ways), and negatively affects the kidneys. Additionally, since fast food contains high levels of triglycerides and cholesterol, your cardiovascular system is also harmed. Not to mention the fact that processed fats from foods like fries and other junk food, when consumed in place of nourishment, have a detrimental impact on cognitive ability. In example, a week of daily fast food consumption in test participants resulted in memory impairment, according to study on rats. And if that weren't enough, eating junk food raises your risk of developing cancer (10 Strong Reasons to Stop Eating Fast Food.).

As can be shown, your body does not need inexpensive, pleasant meals. First off, eating fast food frequently increases your chance of being obese and maybe acquiring type 2 diabetes (as well as that of your children, if you accept their fast food habits). Your body's vital organs, like the kidneys, heart, and brain, suffer greatly from junk food. Additionally, if you're still not satisfied, consider the preservatives, antibiotics, and other chemicals that you consume when eating fast food.

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