**Essay on advantages and disadvantages of fast food**

Fast food is the name given to food that can be cooked and served very quickly, fast food can also be described as any food that provides little or no nutrient value to the diet but instead provides excess calories and fat, fast food can be a great way to save time but it is not the proper way for nutrition as these foods are often of little nutritional benefit and high in fat sugar and calories.

Fast foods menu includes crisps, chips, pies, pastries, sandwiches, burgers and fries kabobs, pizzas, and many more, it also includes drinks for carbonated drinks eating these foods regularly comes with a whole lot of negative side effects and disadvantages.

**Why do we love junk food?**

Because it looks, cool. No. We love junk food. Because manufacturers design it to activate the brain's reward system.

They create the perfect combination of salt, sugar, spices, which excite our taste buds. Thus, activates our brain's reward system, making us feel good. Now after this, when we eat regular food. Because it does not activate the reward system, it feels less appealing.

Besides this, if we compare these foods, the quantity of healthier options looks more. But surprisingly, they both contain the same number of calories.

Since healthy food also contains fibre and water, they add up to the volume. Thus, filling our stomachs. But, as junk food does not have enough water and fibre, it does not fill us. So, we keep eating and consuming more calories, leading to obesity, diabetes, etc.

**Advantages and disadvantages of junk food**

Advantages of junk food:

**1. saves your time:** when you are in hurry and you don't have time to eat your lunch or dinner and you cannot wait for a longer period of time up for eating junk food is the option for you to fill your stomach and to get somewhat satisfaction from the hunger

**2: Good source of business:** it is a very good source of earning for anyone who wants to do business in the food market, junk food is the best business option for you because it gives you so much money because there are so many places where people come from various other places and they don't have sufficient times, so they prefer to eat junk food and hence it has a big market so that it can give you a huge amount of money

**3. easy to make:**McDonald’s and burger king make their so-called tasty burgers in just two to three minutes and you don't have to wait for more than that. so the point is that it is very easy to make and you can make it within a few minutes compared to lunch or dinner.

**4. Affordable price:** junk food is always having a low cost compared to lunch and dinner and in restaurants and hotels because it doesn't need to spend time and material to make, that’s why they are having an affordable price for everyone.

**5. Satisfy your taste:**junk food is so tasty that when you eat junk food you feel the taste and it can satisfy your taste because it has almost all kind of additives ingredients which impart a good and delicious taste and the chef makes such a junk food so that they can attract more and more customers for their income.

Disadvantages of junk food:

**1. Not good for health:** even though junk food helps to save your time and it's also tasty but we forgot that's it's very harmful to our body because of these tasty and delicious spices which can adversely help you to be affected of disease

**2. Make you Sick:** junk food gives you many kinds of disease in gift, you don't know any safe and they're working of preparing food and that is why you cannot assure about the quality and hence it is not good for your body, eating junk food can give you many diseases in a gift just because of poor sanitation, etc

**3. not preferred every day and every time:**as it is not good for health it is not paper every day and every time you can take junk foods a few times in a month but the regular conception of it may give you bad health.

**4. Not satisfy your hunger:**your hunger is not completely satisfied by just eating junk foods. it can just be as sure that you have eaten something but cannot as your complete satisfaction of your hunger.

**Problems caused by eating fast food**

**Number 10 obesity:**obesity means having too much body fat it is not the same as being overweight which simply means weighing too much, fast food is high in calories and sugar that contribute to increased weight gain even a small amount of fast food can considerably increase your calorie intake

fast foods also replace healthy eating habits, for example, people who consume fast foods are less likely to eat enough nutritious food like fruits and vegetables this subtle change in eating habits can easily lead to obesity

**Number 9 heart disease:**those who have a fast-food chain more than three times a week have a staggering 80% increased risk of dying from heart disease fast foods create a much higher risk of heart disease because of the level of saturated or trans fats they contain those fats can clog the major arteries and over time can result in an uncontrollably high cholesterol level

**Number 8 type-2 diabetes:** diabetes is a problem with your body that causes high blood pressure, blood glucose, or sugar levels to rise higher than normal if you have type 2 diabetes your body does not use insulin properly this is called insulin resistance at first your pancreas makes extra insulin to make up for it but unfortunately over time

It isn't able to keep up and it cannot make enough insulin to keep your blood glucose at a normal level fast food has become a way of life for many busy men and women seeking a quick and inexpensive alternative to cooking at home however, it is also worth mentioning that although type-2 diabetes can be developed through a junk food diet other poor lifestyle choices can contribute to such as a lack of physical activity

**Number 7 peptic ulcer:**A peptic ulcer also known as PUD or peptic ulcer disease is the most common ulcer of an area of the gastrointestinal tract that is usually acidic and thus extremely painful for almost 100 years doctors believed that stress spicy foods and alcohol caused the most ulcers however the most common culprit these days are fast foods such as pizzas pasties and salted snacks like crisps and chips

**Number 6 lack of family gathering:**fast food not only has a serious negative impact on your health it also has the potential to damage interpersonal relationships with friends and family

when choosing a snack instead of a meal you miss out on the opportunity to sit and eat at one place with your family friends or coworkers it is far too easy for everyone to buy and eat on the way to their next destination the satisfaction of a nice healthy meal is lacking in fast food

**Number 5 irregular eating:** patterns in order to be healthy you must eat at the proper times fast food can be consumed at any time sometimes even two or three times a day while home-cooked food is served at proper times which provide opportunities to rest and digest after eating

**Number 4 waste of money:**depending on where you live fast food can consume way too much money when compared to buying fresh ingredients to cook with low-income households can hardly afford continuous use of fast food try this every time you eat something unhealthy note down

how much it costs and check, how much you spend in one week then use that to calculate how much it would be per month how about per year the results will shock you especially since that money could have paid for multiple gym memberships

**Number 3 loss of appetite:** due to many reasons fast food does not satisfy all the needs of our digestive system this has many adverse effects including a loss of appetite which then further contributes to malnutrition this self-sustaining cycle is enough to serious health problems down the road.

**Number 2 lack of essential nutrients:**a well-balanced meal contains all six of the essential nutrients for human development carbohydrates fats proteins minerals vitamins and water fast food contains high traces of some of this fat for example whilst others are absent this leads to an imbalance within your body which is difficult to correct without the proper diet.

**Number 1 stress:**foods rich in fat are the reason for many diseases related to the heart blood vessels liver and many more essential organs and bodily functions it has been observed that meals rich in fat increase your body's production of cortisol the major stress hormone certain type of foods and drinks act as powerful stimulants to the body and hence are a direct cause of stress.

these gradients to be avoided are caffeine-containing foods like coffee tea carbonated drinks and chocolates also white flour salt and saturated fats processed foods also contain synthetic additives like preservatives emulsifiers thickeners stabilizers and flavor enhancers these additives are often called pseudo stressors.