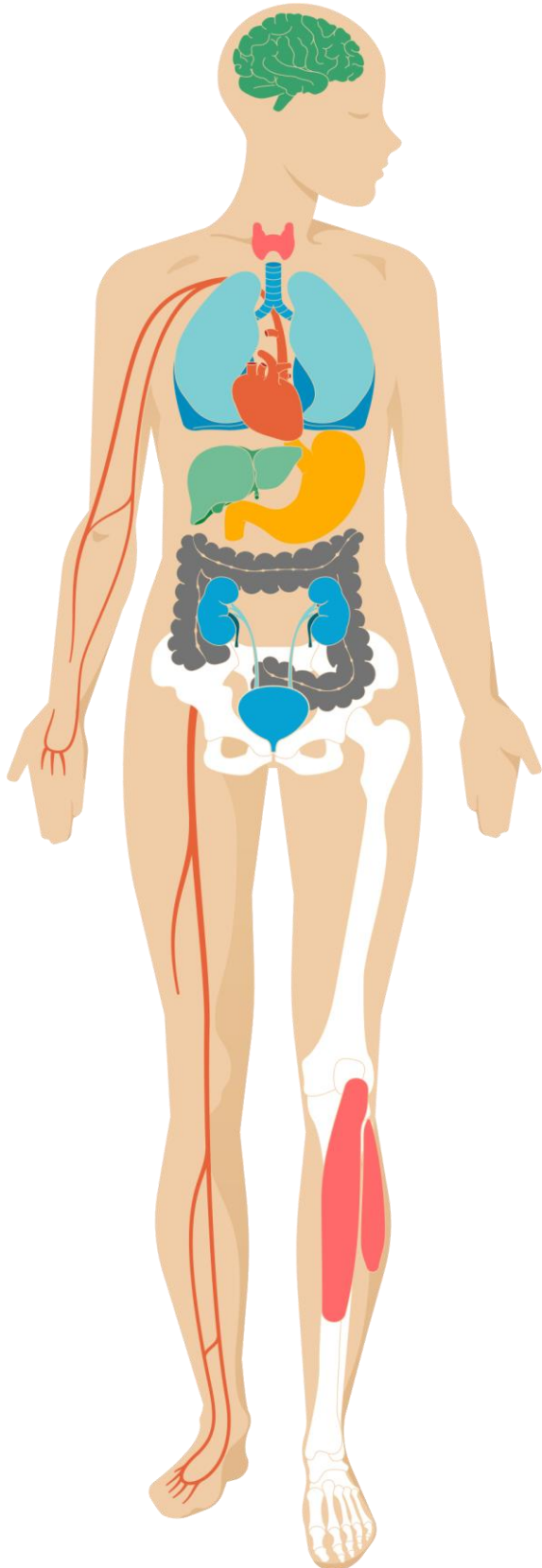


SIDE EFFECTS OF FAST FOOD

Some side effects that may cause by fast food are listed below.



Digestive and cardiovascular systems

Fast food products, are loaded with carbohydrates with little to no fiber. When your digestive system breaks down these foods, your blood sugar increases. Then your pancreas releases insulin. As your body uses or stores the sugar, your blood sugar returns to normal. As long as you're healthy, this blood sugar process is highly regulated by your body. But eating high amounts of carbs frequently can lead to repeated rise in your blood sugar. This increases your risk for weight gain and type 2 diabetes.

Sugar and fat

Fast food products have added sugar. This means they have extra calories and little nutrition. Added sugar is really bad for health. Plus, Trans-fat is also another bad food processing. Eating trans-fat can bring diseases with itself.

Sodium

Fast food companies use a combination of sugar, fat and sodium (salt) to make their food tastier. But too much salt is not good for your body. It is just not good for your heart and cardiovascular system

Respiratory system

Excessive amounts of calories in fast food may cause weight gain. And you know that means obesity. Now Let me tell you something people, obesity is a risk for asthma and shortness of breath. So you better not enter your local fast food

restaurant. Because you know once you go fast, your life would not be that fast.

Central Nervous System

People who eat fast food are more likely to develop depression. How about that huh? Now drop that burger that ordered for 6 pounds and go back home to your miserable life and start cooking something healthy.

Fast food may be bad for your fertility system and it may trigger acne and eczema.

Skeletal System

The carbs and sugar in fast food can increase acids in your mouth and this can lead to teeth cavities. Obese people are under a bigger risk of falling and breaking their bones.

Effects on Society

Obesity is a growing problem in our world. Especially childhood obesity and especially in the US. It has doubled since 1970s.

INTERVIEW

The purpose of this interview is to find the general idea/belief about fast food. We aim to find whether the people prefer consuming fast food and if it will change after learning the facts about fast food and its effects on humanbeings or not.

Question 1:

What is your opinion about fast food?

- I like it.
- It is unhealthy. You should eat maximum twice in a month. It is better if you cook at home.
- It is bad.
- They are not so bad if you do not exaggarate the amount.
- It can be healthy most of the time. But it is unhealthy and there should be regulations.
- I love some kind of fast food. Not McDonald's but KFC.
- It is unhealthy.

- It is not for everyday. You should eat it twice a month.
- It is not healthy but I like it. It is time saver.
- It would be perfect if there was a law for people not to consume more than once a day.

Question 2:

How often do you eat fast food?

- I don't eat fast food. (0)
- Seldom (3)
- Once a month (1)
- Once a week (3)
- Everyday (0)
- More than once a day (3)

Question 3:

Do you think is it healthy or not?

- Healthy (0)
- Unhealthy (10)
- I am not sure(0)

Question 4:

Why do you prefer fast food?

(You can choose more than once)

- Fast service (5)
- Taste (4)
- Price/Affordable Menu (4)
- Easier to reach (6)
- Various choice options (3)

- Pizza (5)
- French fries (3)
- Döner (2)
- Chicken/Meat Wrap (2)
- Snacks (2)

Question 6:

Should we ban fast food?

- Definetely No (1)
- No (6)
- Yes (0)
- Maybe (3)

Question 5:

Which fast food do you consume most?

- Hamburger (3)

Question 7:

Is there any change in your opinion about consuming fast food after learning these facts?

- I will decrease the amount. It will be twice a day.
- I have already made my mind. I know how to consume with the amount.
- No, I have the same opinion.
- No, I have already decided carefully.
- I know the facts about the fast food already.
- No, I already know the results and its effects but it is time saver.
- I know the results and the facts about it and I try to consume them at a minimum rate.
- Of course, I will decrease the amount. It will be two times a month.
- Yes, we should change our way of eating.
- I don't eat fast food. I am aware of the results.

Conclusion:

In this study, we observed that generally the people that we interviewed, were aware of the bad effects of fast food on human body. When they learned the facts, these did not change their opinions