Name

Name of Professor

Class

Date

Americans and Food

**Introduction**

 In the United States, all the American values contributed to the dominance of fast food. It becomes a lifestyle for American to eat in the fast food restaurants (An 97). Fast food is a condiment, a trend toward the lifestyle of Americans. It is notable to mention that people go to fast food restaurants, with their busy schedules, as it is cheaper and faster than other restaurants. However, people often forget that there are several issues and risks associated with fast food consumption that can be harmful for their health. Despite its convenience, fast food can be harmful in the long run. Therefore, it is essential for every person to understand the health issues related to fast food consumption. Here, the focus is to understand the harmful effects of fast foods on anyone’s health.

**Discussion**

 In the 21st century, there is an enormous increase in the number of fast food restaurants and their advertisements. Even though, with the advancement in technology, people do not have to go to any restaurant to get their favorite fast food. They can order it online through the delivery hotlines. With these delivery hotlines, people can easily order their fast food. People find it harder to sit and wait for their food in the restaurant, so they prefer to order their fast food at home (Janssen et al. 16-24). That's the reason behind the increasing number of people eating fast food. Fast food is very addicted due to its taste and delicious flavor. Parents often bring their children to fast food restaurants. Due to spectacular flavors of fast food, children get addicted to it and ask for more. Fast food is as addicting as drugs, so a person habituated to fast food will have to face the negative consequences (Jiao et al. 171).

 It is noteworthy to mention that fast food can make a person full, even at low price. That's why people prefer it over other types of food. The reason behind these cheap values is the usage of economical ingredients for fast food. The constituents of fast food include a high quantity of fat, calories, sodium, and cholesterol which can be catastrophic for their health. A high amount of sodium in fast food can enhance its flavor, but at the same time, it creates a high risk of heart attack due to increasing blood pressure (Saranya 65). Fat is essential for our body as it keeps us warm. However, a high dose of fat can cause osteoporosis and heart diseases.

In the United States, obesity is one of the significant health issues. Most of the adolescents are obese due to their addiction to fast food. Fast food contains a large amount of calories. According to the World Health Organization (WHO), the recommended calorie intake per day is 2000 calories. However, it is terrifying to know that one meal of fast food contains more than 1000 calories. Such high amount of calories are disastrous for our health as it increases the chances of health attack and obesity (Burgoyne et al. 1540-1545). Hence, it is obvious to provide children with more nutritious food such as fruits and vegetables to avoid any health problem.

**Conclusion**

 In a nutshell, fast-food consumption has some catastrophic impact on our health. Many diseases are related to increased fast food consumption including heart attack, obesity, and diabetes. Fast food constituents such as sodium, fat, and calories are responsible for increasing blood pressure and sugar level in humans’ body. It is the core responsibility of a parent to provide nutritious food to their children so they can avoid the negative consequences of fast food.

Works Cited

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