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Fast Food Obesity in America

Introduction

Do you have the slightest idea of how much ¹ of the American population is likely to be characterized as obese or overweight by the year 2020? Almost seventy-five percent. Yes, currently, ¹ thirty-six percent of American adults and seventeen percent of teens are reported to be obese or overweight according to figures given by the ⁵ Centers for Disease Control and Prevention (*Data & Statistics* | *Overweight & Obesity* | *CDC*). In United States, obesity has emerged as a key epidemic which is reported to give rise to a number of health complications such as cardiovascular diseases, fatty liver, diabetes, arthritis, gall bladder disorders, bone malfunctions and often death (Dunn et al.). Among various reasons contributing to this obesity epidemic, the most leading cause, is the consumption of fast food. This paper will give various reasons why fast food consumption is associated with obesity in America, in light of scientific research.

Discussion

Researches have indicated that fast food consumption has elevated dangerously, over the past four years. It is recognized that consuming food away from home can result in increased intake of calories, which increases the risk of weight gain due to huge nutritional content and higher food energy storage ("Obesity and Fast Food"). Fast foods contain large quantities of unhealthy ingredients such as sugar, (saturated) and trans fats, carbohydrates and sodium salt,

while the useful nutrients such as vitamins and minerals are present in lesser quantities (June 15 and 2017). Consumption of these unhealthy calories from fast food, mainly accumulates in the body in large quantities, contributing to obesity. Fast food's unsafe components are also exacerbated by enhanced serving sizes which have evolved parallel to an individual's average body mass since the 1970s. As serving size has become massive, the individual will nevertheless consume a full serving, no matter whether they are full or otherwise. It implies that people ingest larger amounts of processed food which contributes to an excessive gain in body weight (June 15 and 2017).

A reason why people of America can't stop eating fast food is because of its availability at a lower cost. A meal ³ containing two thousand calories of fast food, costs far less than a meal containing two thousand calories of healthy food, ² according to research published by the ² University of Washington (June 15 and 2017). It renders it much more accessible than opting for healthy food and makes it a significant cause of obesity in smaller-income groups. Furthermore, the factor that may contribute to increased consumption may be the fast-food serving restaurants that offer comfortable accessibility. Every neighborhood in America contains convenient stores and restaurants that offer unhealthy food near you and most of the times it is easily delivered to your doorstep. This renders it an easy choice instead of cooking something at home containing ingredients that give health benefits. It also makes an availability to fast foods, more convenient.

Conclusion

Fast food consumption ⁶ is a leading cause of obesity in America. This is due to the presence ⁷ of unhealthy ingredients such as Trans fats, carbohydrates, and sugars which contribute towards weight gain. The serving size of fast foods has been increasing day by day, due to which large quantities of these unhealthy ingredients are consumed. They are made available at lower

costs and are delivered to your doorstep, which makes it easily accessible. Unless controlled, medical conditions related to obesity will rise in the years to come since more people become overweight by consuming unhealthy ingredients through fast foods.

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