

ILL EFFECTS OF JUNK FOOD ON PHYSICAL AND MENTAL DEVELOPMENT

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ABSTRACT

Today's children are tomorrow's future. This statement has special significance for India, because today India has more teenagers than in other countries of the world. Children's attachment to junk food has brought their health problems as a challenge and stands in front of the country. Doctor, educationist and parents are all worried in the country because children are falling prey to diseases that used to happen to older people due to the consumption of junk food. Factual information is being presented in this study material to show the seriousness of the situation.

Keywords: Health, Junk Food, Lifestyle, Awareness, Trans-fat, Diseases.

Introduction

Modern living and the sun-filled life has made many changes in human life, today because of lack of time, everything has become fast in this busy life and this haste has trapped human beings into a new style of food which is called fast food or junk food. Change is bound to happen with time, but it is not necessary that every change is right. Fast food is also a lifestyle change that is such a change that cannot be called good at all. Future children of the country are losing their health by being caught. According to doctors and nutritionists, by eating fast food, children etc. are falling prey to such diseases which are considered to be diseases of old age, 60% of the children studying in metropolitan schools only run-on fast food, but it would be more appropriate to say that they are hooked on junk food. The result is very frightening. It has spread obesity in America at epidemic level, even in a developing country like India, the problem of obesity has increased to an alarming level. In the last 3 years, the number of obese children has increased by 54%. Currently, 16% of the total children in the country are struggling with obesity. The way fast food trend is increasing, after seeing, the obesity reduction of children is difficult.

Objectives of the Study

- To discuss the problems caused by junk food.
- To present the factual information to show the seriousness of the situation.
- Drawing attention to the problems arising from junk food.
- To bring awareness against junk food.

Case Study

Recently, shocking news revealed that the 11-year-old girl born in Mumbai after a long wait had to undergo biometric surgery to reduce obesity. After a long wait, the girl, born in the name of the love and love of her parents, fed all such foods, which are called junk food. The young girl, who was away from manual labour or sports, used to go from home to school in a car and as a result, by the time she reached the age of 11, she weighed 96 kg. At school, the children used to make fun of him, he used to feel a bit even if he walked a little, his parents had to take the decision of surgery. Cases of such surgeries of a child are less heard at such a young age, but these cases are increasing now, there are about 10,000 biometric surgeries in the country every year, of which 2 to 4 percent are young children or adolescents.

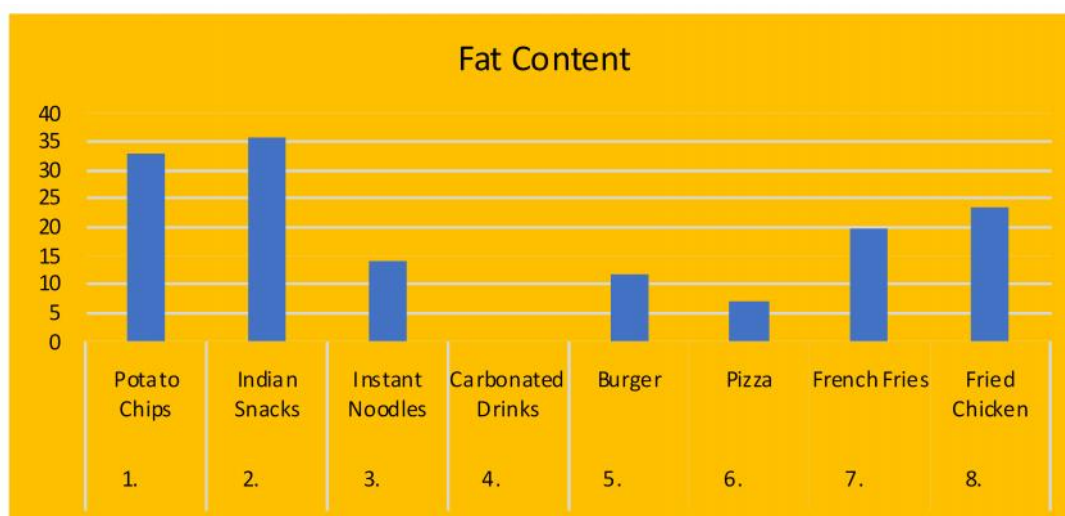
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In developing countries like India today's life and pace of modernity has made fast food a part of their lives. Rapid attachment to fast food is increasing among children and youth. In the busy life, the youth adjusts by eating anything anywhere. Till now this trend was limited to big cities and metros, but gradually it has started spreading its footsteps even in small towns. The youth who eat milk curd in the village are now in the grip of fast food, the trend of using fast food and milk packets has reached the village also. From this, it can be guessed that the children of the village who become gabru by eating pure food will now be able to become wrestlers, the people of the village are changing their lives on the lines of the city, fast food rallies were seen everywhere in the village. Various studies related to junk food have come to light from time to time are discussed below with the help of charts and tables.

**Table 1: Presence of Fat Content in Various Junk Food Samples
(Gram/100 gms)**

S. No.	Junk Food	Fat Content
1.	Potato Chips	33
2.	Indian Snacks	35.9
3.	Instant Noodles	14.1
4.	Carbonated Drinks	0
5.	Burger	11.9
6.	Pizza	7.1
7.	French Fries	19.9
8.	Fried Chicken	23.4

**Figure 1: Presence of Fat Content in Various Junk Food Samples
(Gram/100 gms)**



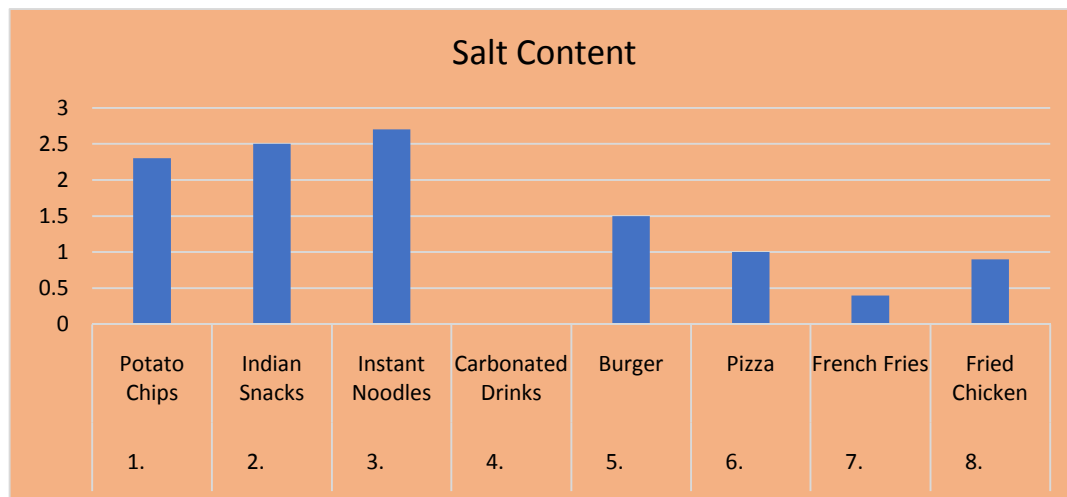
According to the World Health Organization (WHO), consumption of trans-fat per day in adult male is 2.6gm/100gm whereas an adult female consumes 2.1 gram and a child of 10 to 12 years old can take 2.3 grams of trans-fat everyday. A child who eats very popular fast food such as burger chips and soft drinks consumes 90 percent of the daily trans-fat intake, but large doses of this intake are not publicly disclosed by the producer. A study by the Centre for Science and the Environment on junk foods has revealed that most junk foods have high levels of translocated salt and sugar, which inevitably leads to poor health, such as obesity, diabetes, and other diseases. But do we know what the damage is? Have we ever investigated what we are eating or how much truth is there in the claims being made about packets of chips and noodles? Instant ripening and packed noodles are most preferred today, but many harmful ingredients present in them can invite diseases. Hundred grams of noodles contain 138 calories, which is responsible for increasing fat and cardiovascular diseases. Flour present in it is harmful to the intestines. A study of 15 major brand noodles of the world by the Consumer Education and Research Centre found that it contains nutritious elements are negligible, in which there is a very small amount of salt and fibre in excess of the allowed amount, in which the risk of blood pressure and heart diseases is increased.

According to the National Institute of Nutrition, it is necessary for a person to consume 6gms a day while according to the World Health Organization, 5gms. A normal noodles packet of 80 grams contains more than 3.5 grams of salt. Digesting a noodles packet means that about 7% of the salt has entered your body.

Table 2: Presence of Salt Content in Various Junk Food Samples (Gram/100 Gms)

S. No.	Junk Food	Salt Content
1.	Potato Chips	2.3
2.	Indian Snacks	2.5
3.	Instant Noodles	2.7
4.	Carbonated Drinks	0
5.	Burger	1.5
6.	Pizza	1
7.	French Fries	0.4
8.	Fried Chicken	0.9

Figure 2: Presence of Salt Content in Various Junk Food Samples (Gram/100 gms)

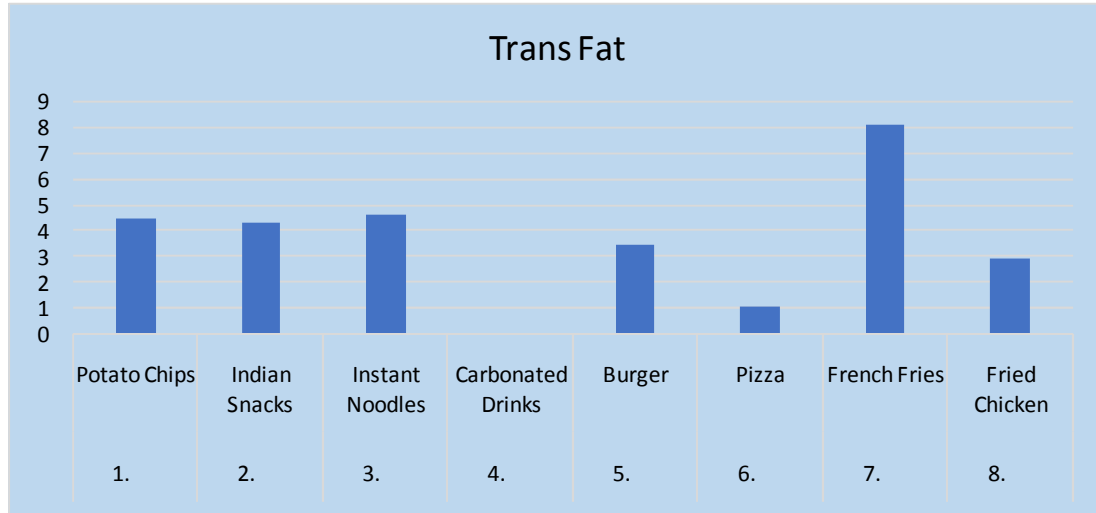


Fast food is deficient in nutrients and is harmful to health. They contain a high amount of salt and preservative, both the food ingredients used and the method of preparation cannot be considered suitable for health. Vegetable oil is used in these junk foods, due to the abundance of calories, they increase obesity, they increase the amount of cholesterol in the blood and the person has diabetes, blood pressure, heart disease, acidity, constipation and other stomach diseases. Burgers and pizzas are made from flour (Maida) which gives more calories and when it is not easily digested, it increases diseases.

Table 3: Presence of Trans Fat Content in Various Junk Food Samples (Gram/100 gms)

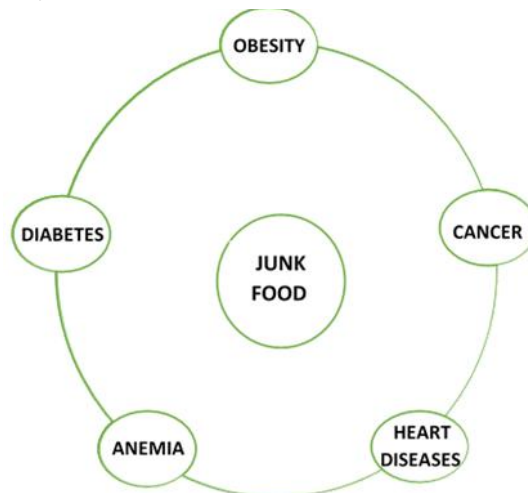
S. No.	Junk Food	Trans Fat
1.	Potato Chips	4.5
2.	Indian Snacks	4.3
3.	Instant Noodles	4.6
4.	Carbonated Drinks	0
5.	Burger	3.5
6.	Pizza	1.1
7.	French Fries	8.1
8.	Fried Chicken	2.92

Figure 3: Presence of Trans Fat Content in Various Junk Food Samples (Gram/100 gms)



Some junk food company has come out claiming that there is 0 trans-fat in the food they serve, but no one claims how much trans-fat is there in the food.

Carbonate contains soda caffeine and phosphorus due to which the body is unable to contain the entire amount of calcium and bones start to weaken. Taking it with fast food increases obesity, constipation etc. Famous film actor actresses in India are called for advertisements for these cold drinks which affect children more and the prevalence of potato chips has also increased greatly. We do not see any defect in it but the method of its preparation is dangerous. Potato chips are fried at 400 degree Celsius; potato's fatty acids occur and when consumed, the elasticity of the arteries of the blood is gone and the blood pressure rises. Chowmein, which is sold everywhere, is very fond of children, has been given a special flavour that warns about it. If it is not stopped, it will cause more harm than smoking. Ajinomoto does not allow brain cells to flourish and can also cause cancer. It takes 7 to 8 years before it is seen. Many children are sensitive to Ajinomoto. They have symptoms like headache, tingling, weakness, abdominal pain, etc. Growing children need about 150 Calories daily, which should be half a carbohydrate of 20% fat and 30% protein, but in the name of fast food in the market, the two things which are readily available are sugar and fat, but protein is almost absent. Two slices of pizza have 800 calories and fat and sodium. A large burger has 1600 calories whereas for a normal person, half of its calories are also enough. Person consuming it, the amount of fat increases and becomes a victim of over nutrition. This reduces the physical ability of the person; it leads to laziness and laziness.



According to experts, the person lives longer by consuming the appropriate calories, children should be made aware of it. How dangerous a fast food is for children can be gauged by the fact that its intake decreases the IQ level of the child, it can reach the mentally challenged. According to a study IQ level is lower than that of fresh home-eaters. According to researchers, nutritious food eaten in childhood has a long-term effect on IQ level. By calling our culture and food, in the race of modernity, we are consuming such substances which are harming our health, we are abandoning our traditional fast foods like Sattu, Chiwda, Chana, Butter, Lassi and Fruit Chaat and adopt such items, The only disadvantage is no gain. In this regard, like western countries, one has to be cautious. Like in America, there is a lot of activism in the UK, there is a ban on such advertisements which encourage children to eat junk food, such food is being discouraged in schools too. The name was cut from the school just because a student brought chips in its lunchbox. The e-port campaign started in France and not only the school children but the whole society is being given the basic mantra to stay healthy. By changing the lifestyle it is also seen that such efforts are bringing color. People should be aware of this problem and at the same time the government should inform people that they should be vigilant about fast food and pay more attention to traditional food so that they do not have to face any problems in the future. The father should also pay attention to his children and explain to them that fast food is harmful to health. It is true that modern lifestyle and fast pace of life has completely changed our traditional lifestyle. Change is the rule of the world. No one can deny this and all the physical truth, but we should think that it is not necessary that all the changes is of our interest. Junk food or fast food has completely changed our food style, which is a danger to us, but we are still unaware of the mess of these dangers, various foods in the junk food chain are our food and drink. Today, we have become an integral part of not only the arrival of our traditional dishes, but we have forgotten their names as well, forgetting this mistake, how much will it befall us, perhaps you do not have the knowledge of it.

Conclusion

Today, the emphasis of junk food is everywhere, not seeing the time, it has taken such a turn that everything has changed, our lifestyle beliefs, working style etc. Our kitchen has not been able to escape from this slap of change with many changes in society The food style has also changed, when visiting an integral friend or relative, you are welcomed by special junk food. It has become a status symbol that people use pizza burger chips and carbonated drinks. The food provides the necessary energy to the body, but it is not good to associate the food with the status of the body. Being poisoned is an irony and is a cancer of society. If the body's hunger can be easily fulfilled with pulses, fruits and vegetables, then why should it show up, because by eating pizza chowmein you feel yourself as a high class but not only a person but women from all sections of the whole society children, youth and individuals have to understand that doing so is neither in their interest nor in the interest of society nor in the interest of the nation. Therefore, in order to dissuade the society from this trap of junk food and to make us aware, we have to make efforts on its wide scale, at which level, every citizen of the country is busy in this fast food or fast-food market. One has to be aware and control this trend, only then our society can get out of this trap of junk food.

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