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## The dilemma of the unhealthy fast foods

Transcript:

Fast food is typically loaded with calories, sodium, and unhealthy fat—often enough in one meal for an entire day. It also tends to be low in nutrients and almost totally lacking in fruit, vegetables, and fiber.

What are fast foods? Let us discuss what they are.

Fast food is a type of mass-produced food designed for commercial resale, with a strong priority placed on speed of service. It is a commercial term, limited to food sold in a restaurant or store with frozen, preheated, or precooked ingredients and served in packaging for take-out/takeaway. Fast food was created as a commercial strategy to accommodate large numbers of busy commuters, travelers, and wage workers. In 2018, the fast-food industry was worth an estimated \$570 billion globally.

The fastest form of "fast food" consists of pre-cooked meals which reduce waiting periods to mere seconds. Other fast food outlets, primarily hamburger outlets such as McDonald's, use mass-produced, pre-prepared ingredients (bagged buns and condiments, frozen beef patties, vegetables that are prewashed, pre-sliced, or both; etc.) and cook the meat and french fries fresh, before assembling "to order".

Now what are street foods?

Street foods are ready-to-eat foods and beverages prepared and/or sold by vendors or hawkers, especially in the streets and other similar places. They represent a

significant part of urban food consumption for millions of low-and-middle-income consumers, in urban areas daily.

What is Sri Lankan Street food?

These outlet stalls sell quickly deep fried foods.

Most of these outlets sell Kothu Roti. Kottu Roti is a Sri Lankan – Tamil dish that originated in Jaffna in the 1960s. ...

Hoppers, String Hoppers. ....Isso Vadai or Prawn Vadai, Fried rice, and curries are the other street foods.

Galle Face Green, once a recreational ground for people to do brisk walks, and exercise amidst the fresh sea breeze for years, has now unfortunately being a commercialised foods outlet providing the unhealthiest quickly fried street foods.

So, the health conscience people must find other sites like Marine Drive and Torrington Square for their daily walks.

Let us now discuss how unhealthy and the risks of consuming fast foods including street foods could be.

Continuous consumption of these foods for a long time the risks include obesity, insulin resistance, type 2 diabetes, fatty liver, and various cardiovascular conditions.

This is because most fast food is high in sugar, salt, saturated fat, trans fats, processed ingredients, and calories. It is also generally low in antioxidants, fiber, and many other nutrients found in home-cooked foods.

Why is fast food bad for your heart?

Food that's fried in oil is high in fat — and that includes saturated fat. Eating too much saturated fat can drive up your LDL, or “bad,” cholesterol, and triglycerides which puts you at risk for heart disease. The American Heart Association

recommends that no more than 6% of your daily calories come from saturated fat

What is the main danger of fast food and street foods?

Such risks include obesity, insulin resistance, type 2 diabetes, and various cardiovascular conditions, as mentioned earlier, some cancers, and fatty livers. This is because most fast food is high in sugar, salt, saturated fat, trans fats, processed ingredients, and calories.

Fast food is becoming an increasingly important part of people's diets as their lifestyles become more hectic. Although eating fast food occasionally will not harm your health, eating burgers and fries frequently might be troublesome in a short amount of time. People who consume fast food very often have headaches, and dental problems, are overweight, have high cholesterol and blood pressure, and develop a protuberant belly

Eating Fast foods regularly, being high in high in calories tends to put on weight which brings in all chronic diseases, including pot bellies due to an increase in the visceral fat

Quite often, a single lunch at one of your preferred fast food places will satisfy your caloric needs for the whole day.

Fast food lacks essential vitamins and minerals. Instead of concentrating on serving consumers genuinely nutritious food, most fast food restaurants prefer to focus on serving pleasant food at a fair price.

So, viewers, the pattern of eating in Sri Lanka has changed. The younger generation does not cook food at home like our generation. Both husband and wife work and they invariably go for street foods or fast foods for convenience, so cheap and nothing is wasted.

They are not aware of the deleterious effect they will have on their health by eating these foods.

No wonder, the incidence of obesity, high blood pressure, and heart disease are rampant in Sri Lanka, and the future of our younger generation may end up with the chronic diseases mentioned earlier.

This situation will last for many years until the government brings in restrictions and more control of these foods.

Hope this video article will open your eyes to realize how deleterious these foods are for your health and longevity.

So, stay safe, eat home-cooked nourishing food, and goodbye for now.