

Effects of junk food on daily life.

Karthik Nagothi*

Department of Microbiology, Delhi University, Delhi, India

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Description

Fast food is food that is prepared rapidly under unhygienic conditions. Fast foods are also known as junk foods. Although there are many healthier foods, most of them prefer junk food. Regular consumption of these can lead to an increased risk of obesity and chronic diseases like cardiovascular disease, type 2 diabetes, non-alcoholic fatty liver disease, and some cancers. Junk food is high in sodium and lead to headaches and migraines. Eating excessive amounts of junk food may increase your risk of depression. The carbohydrates and sugar in fast foods can lead to dental problems. The food we eat in our daily life will affect our health and wellbeing, both physically and mentally. Good nutrition, along with regular exercise, will help you maintain a healthy weight while reducing your risk of chronic diseases such as heart disease. By taking junk foods, it leads to obesity and chronic diseases like cardiovascular disease, type 2 diabetes, non-alcoholic fatty liver disease and some cancers.

Junk food is high in calories and fatty acids. A high-fat and high-calorie diet adversely alters the gut micro-biota by increasing the number of bacteria and leading to obesity. Bacteria produce enzymes or proteins that aid them in breaking down different nutrients and converting them into energy. The storage of junk foods leads to the growth of microorganisms, which leads to health illnesses. Microorganisms develop on the food materials and multiply. They release toxins into the food that lead to deterioration or spoilage of the food. Junk foods are high in calories and low in nutrients. Due to these toxins, the microbes present in the gut will get affected and leads to illness. Eating inexpensive food might cause skin issues like skin breakouts. Microbes present in junk food cause infectious diseases such as flu and measles. There is also a main proof that microbes may contribute to many non-infectious chronic

diseases such as particular forms of cancer and coronary heart disease. There are different types of micro-organisms that cause diseases. The microorganisms that are related to foods are bacteria, fungi, protozoa, algae, and viruses. Yeast and bacteria are the cause of the spoilage of food.

Junk food was unhealthy that was high in fats and contains less content of fibers, proteins, vitamins, and minerals. For example, salads, sushi, and sandwiches are healthy recipes for fast food. However, nowadays, most fast-food restaurants serve unhealthy junk food. Some common examples of junk foods include sodas and snack foods, such as potato chips, crackers and candy which may lead to increased risks of obesity and chronic diseases. Cardiovascular diseases, type 2 diabetes, non-alcoholic fatty liver disease, and some cancers are mainly caused by excessive junk food consumption. In order to prevent adverse health risks, diet needs to be nutritional and hygienic. Significant changes to your diet can lead to illness and death. It's easier than you think. Many kinds of bacteria lead to food poisonings, such as *Listeria*, *Salmonella*, and *Norovirus*, which mainly cause stomach flu. Due to the low nutrient content in junk food, it leads to the Ricketts.

*Correspondence to

Karthik Nagothi

Department of Microbiology

Delhi University

Delhi

India

Email: karthiknagothi@gmail.com

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