

Effect of Junk Food on Mucosal Layer of GI Tract Among Nursing Students

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Abstract

Introduction

Food is a necessary part of life since it gives the body energy and serves as a barrier against illness. Many people these days eat at fast food outlets for their meals. The nutritional density of junk food is lower than that of traditional cuisine, even if it may be made and served faster. Fast food has several detrimental consequences on human health that make it less desirable overall, despite the fact that its affordability, portability, and convenience make it extremely popular among younger people. Regretfully, the safety measures implemented are insufficient. One of the main causes is the intake of harmful fast food. One of the main causes of the rise in the prevalence of numerous diseases in emerging nations, including diabetes mellitus and coronary artery disease, is the consumption of unhealthy fast food. Some helpful advice on how to prevent these high-calorie meals was provided by the research done on the possible health risks associated with them. The reasons behind the widespread consumption of fast food, its drawbacks, and its impact on people's physical health are all covered in this essay. Studies show that junk food has a high calorie and salt content together with a sizable amount of saturated fat, all of which may lead to the development of health problems. diabetes mellitus, coronary heart disease, and obesity. To reduce the prevalence of illnesses linked to poor lifestyle choices, we must consistently urge people in general—and kids and teenagers in particular—not to eat junk food. This essay addresses the quantity of people that eat junk food in addition to

Consuming junk food in excess causes a number of health issues, including weight gain, infections, food poisoning, and dental ailments. Junk food consumption may prevent kids and teenagers from eating healthful meals at home or school.

Keywords: Effects; Knowledge; Junk Food; Nursing Students; Mucosal Layer; GI Tract

Introduction

Junk food has a high calorie, salt, and fat content. Overeating junk food has been linked to a number of health problems. Teenagers who indulge in junk food

could find it difficult to have a healthy meal at home or at school. Maggi noodles, burgers, pao-bhaji, sandwiches, hot dogs, patties, pastries, pop corn, potato chips, carbonated beverages, biscuits,

muffins, toast, kulcha-channa, samosas, and chocolates are now common foods consumed by teenagers around the world. Along with many other health problems, junk food has an impact on the digestive system, particularly the mucosal layer of the GI Tract, which is the first area to come into contact with it after ingestion. One of the best ways to alter eating habits without having an emotional impact on people is through education.

Junk food is incredibly popular, particularly among college and high school students. Numerous research investigations have documented the connection between frequent fast food intake and negative health outcomes. Eating habits associated with functional dyspepsia and gastro esophageal reflux disease (GERD) have been found to be strongly correlated. Junk food consumption was found to be associated with metabolic syndrome biomarkers for chronic disease in a self-reporting survey. Following a fast food meal, a hemorrhagic colitis outbreak was reported along with the isolation of an uncommon strain of E. Coli, E.coli.

Furthermore, junk food has a significant impact on body weight fluctuations, contributing to overweight and obesity. According to Currie, Janet, et al.'s research, eating fast food and its high calorie content are the primary causes of this type of weight gain. Additionally, eating fast food is linked to an increased risk of death, cardiovascular disease, Type 2 diabetes, and depressed symptoms. The purpose of this study, which involved medical students, was to determine whether frequent consumption of fast food and the development of gastrointestinal distress are related in any way. The idea was that there would be a favorable link.

Despite being easily available to consume and quick to make, junk food is not a nutritious food. Junk food includes meals and beverages that are low in nutrition, such as vitamins, minerals, and fibre. The habit of consuming large amounts of junk food, such as Maggi noodles, hamburgers, pao-phaji, sandwiches, hot dogs, patties, pastries, samosas, popcorn, potato chips, carbonated beverages, and chocolates. It contains a lot of salt, added sugar, kilojoules, and saturated fat. If junk food is consumed frequently, it can raise the risk of obesity and chronic diseases such as type II diabetes, cardiovascular disease, non-alcoholic fatty liver disease, and several malignancies.

College student meal may be lacking in some nutrients, which might permanently alter their

metabolic pathways and raise their risk of diet-related illnesses. Students are especially vulnerable to the negative effects of poor eating habits, and an unbalanced diet can cause emotional, cognitive, and physical development to be delayed.

Weight gain and problems with glucose metabolism are caused by an abundance of saturated fats and simple sugars mixed with a lack of vitamins, minerals, and protein. Numerous studies show that obesity in young children increases the prevalence of obese teenagers and offers substantial health hazards.

Between 2001 and 2010, the percentage of overweight and obese schoolchildren in India increased from 9.7 to 13.9% due to the country's increased consumption of junk food.

In comparison to the previous few years (39% in 2021, 43% in 2020, and 38% in 2022), 52% of Americans report having followed a diet or eating pattern in the previous year.

2019), a decision that is not influenced by the two new possibilities this year, eating with awareness and using intuition. A rise in diets has mainly from customers under the age of 50.

Epidemiology

The World Health Organization (WHO) states that one of the main risk factors for non-communicable diseases (NCDs) is excessive consumption of unhealthy foods and beverages. Junk food frequently has low levels of fiber, antioxidants, and other nutrients while being heavy in calories, sugar, salt, saturated and trans fats, and processed components. Regular use of junk food can cause a number of long-term health issues, including among them: --Obesity The high calorie, fat, and sugar content of junk food can cause weight gain, which puts stress on the heart and raises the risk of diabetes and heart disease.

-Cardiovascular issues Junk food has been linked to elevated cholesterol and blood pressure.

-Diabetes type 2 Consuming large amounts of carbohydrates can result in blood sugar spikes that happen frequently, which over time might weaken the body's sensitivity to insulin. Insulin resistance and type 2 diabetes are becoming more likely by this.

-Other medical issues Additionally, eating junk food can cause cancer, liver disease, renal damage, tooth cavities, depression, skin issues, and more.

Prevalence- Junk food intake is a global problem that affects more than 70% of people. Studies have indicated that teenagers are more likely to consume junk food; one study reported that 55% of females

and 45% of males ingested junk food. According to a different research, 60.3% of Nepalese teenagers admitted to consuming junk food within the previous thirty days, with public school students being more likely to do so than private school students.

Fast food products, fizzy beverages, chips, desserts, chocolates, frozen meat, burgers, pizza, and french fries are a few examples of frequent junk food items. Consuming junk food can lead to a number of negative outcomes, such as obesity or overweight, high blood pressure, cardiovascular and metabolic risk, behavioral problems, and dental caries. Among the strategies to cut back on junk food intake are: Substituting harmful snacks with more nutritious options such as fruits, vegetables, nuts, and seeds utilizing less amounts of good oils when baking, grilling, steaming, or sautéing are better cooking techniques consuming enough water throughout the day to control hunger.

Severity of junk food-

Junk food on a regular basis increases the risk of weight gain and extra body fat, both of which are linked to type 2 diabetes. Junk food typically has a lot of added salt, which raises blood pressure and increases the risk of type 2 diabetes.

Results

Eating a lot of ultra-processed food can up your chance of 32 diseases and health disorders, according to research, according to the New York Post. Among them are: Heart-related conditions: a 50% higher chance of dying from cardiovascular disease Anxiety or mental illnesses: A 48–53% higher chance of anxiety or mental health issues Type 2 diabetes: The chance of getting type 2 diabetes is 12% higher.

Conclusions

Fast food has been a real element in the Third World's division due to economic concerns. It is a fundamental aspect of life in both developed and emerging countries, and given the dramatic rise in obesity and its associated problems, it is returning. The secret to feeding effectively is to consume junk food in small, irregular amounts and as seldom as possible in huge quantities. If healthy meals were in a battle with junk food, the latter would be far simpler to win. However, caution is necessary because an excessive amount of attraction could result in confirmation. It's crucial to remember that junk food addiction has a positive economic impact. We have to choose between meeting our dietary requirements and maintaining our health. Select the one that is

healthier for you rather than the unhealthy one! Avoid junk food if you wish to maintain your health!

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