

THE SOCIOLOGICAL TRENDS OF FAST FOOD AMONG YOUTH AND IMPLICATIONS ON THEIR HEALTH IN DISTRICT FAISALABAD



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ABSTRACT

"Eat healthy and live healthy" is one of the essential necessities for good health, but sadly, people's eating habits have changed in the modern world, and they now frequently consume foods that are bad for their health. Nobody has had enough time to properly think about what they are eating because of how much our lifestyles have changed, am I right? People's eating behavior has been impacted by globalization and urbanization, that have compelled them to consume high-calorie fast meals popularly called as junk food. In emerging nations, there is an increase in a number of ailments, including diabetes and coronary artery disease, which is mostly attributable to a consumption of dangerous fast food. In order to change people's eating habits from unbalanced to balanced and healthy ones, health-related education is required to address the extensive fast food consumption on a global scale and its effects on health. Fast food consumption has been increasing steadily from across board in Pakistani culture, but it is notably high among young people. The purpose of the study is to investigate how fast food and fatty foods affect young people's health. District Faisalabad is the location of this study. First, respondents will be drawn from every one of the two randomly chosen tehsils and fast-food restaurants. One young respondent, in between ages of 15 and 29, will be interviewed for information from each selected household. The gathered information will be statistically examined, and the results will be presented as part of an M. Phil thesis.

KEYWORDS

Fast Food, Youth, Health Diet, Health Implications, Food Trend, Time Saving, Delicious, Easy to Cook, Homemade, Outlets

INTRODUCTION

1.1 Background of the study

Youth eating habits have shifted as a result of major changes in people's thoughts,

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locations, and lifestyles across time. The immobility of life causes people's eating habits to adapt in line with this. Their diet switches from light fare to meals high in calories. (Baig & Saeed, 2012).

Healthy and stable foods have recently been supplanted by junk food, which is artificial and heavy in calories. Junk food is characterized as having few calories. a food that is high in calories but low in fiber, essential vitamins, and minerals but high in energy. Fast food does not give your body the vital nutrients it needs to stay healthy. Those foods having less or not enough nutrients are called unhealthy and junk food. Estimates of the global economy show that this kind of junk food has experienced considerable changes globally. (Brendan, 2006).

Southern California was the origin of the fast-food industry in the 1940s. This concept has an impact on global eating habits, including those in the US and other nations. Asians experience the same thing. (Allamani, 2007).

In today's environment, changes in socioeconomic value lead to changes in lifestyle. Adult lifestyles, particularly those of children and adults, have changed as a result. People don't have time to cook at home because of their busy lives. This has had a significant impact on peoples' eating habits. The introduction of fast food and home delivery services has significantly changed how people around the world eat. (Nisar et al., 2009).

Pakistan is expanding quickly along with the global trend toward fast food and junk eating. The Pakistani cuisine is changing for a variety of reasons. People, especially college students, are very glad to eat at home thanks to the urbanization movement. Fast food has an extremely nice flavor. Families with greater financial resources also spend more on fast food and dining out. (Erickson, 2006).

Many aspects of the food trend were significantly impacted by the growth of globalization, including food prices, classification, and methods of production. The increased popularity of fast food has altered dietary habits. Examples include snacks, burgers, pizza, and drinks. People's incomes and social trends are changing quickly, and in this time, people are free to make their own decisions. These elements cause people to turn away from wholesome homemade food and toward fast food. Shang (Stewart, 2006).

People today enjoy eating fast food every day. However, they are unaware that such food is hazardous and can negatively impact their health, which can lead to the spread of other diseases, including cancer. (Xu, 2007).

Junk food is generally referred to as high-calorie food. Fast food is abundant in calories, but it lacks fiber, key vitamins, and minerals that are vital to our health. Fast food is not a good source of the essential vitamins and minerals that keep you strong and healthy. Food that is unnatural or junk food is defined as having fewer nutrients. It will be bad for our health if we consume it regularly. In 1972, the Washington DC Science Center's

director coined the phrase "people's interests." (Carlsson, 2009).

The producers are altering their marketing techniques to capitalize on the growing trend of fast food as the popularity of junk food rises. Fundamental changes have been made since they began to sell fast meals at low prices. Every age and young person was photographed at the lovely and delicious fast food net. (Schroder, 2007).

especially when it comes to kids. Numerous studies have been conducted and numerous articles have been written, many of which discuss the eating patterns of the respondents, the nutritional content of unhealthy foods, how these foods affect health, and offer ideas on how to cut back on fast food intake. To live a healthy life, it is important to distribute health-related knowledge, alter people's eating patterns, and alter their perspectives. 300,000 of us have died from obesity. Studies on fast food and junk food have revealed a connection between fast food consumption and obesity and overweight rates. (Millinger, 2006).

Every society in the globe lacks knowledge regarding junk food. 90% of parents claimed that fast food ads are causing the trend and that it is difficult for their kids to live in this environment. people who have no plans and are consuming junk food. They are not required to eat this kind of meal at a set hour. Fast food consumption both at mealtimes and in the evenings is becoming more common. They are accustomed to eating fast food because of the great ingredients. (Jackson, 2004)

People became accustomed to and enjoyed eating foods high in sugar and fat. On the other hand, it is evident that eating is seriously detrimental to health. Foods, which include calories, fat, and sugar, have a significant effect on health. Overweight and obesity are largely brought on by it. (Mugal, 2009).

High sugar content food contributes to diabetes and tooth caries. Energy drinks, various types of sweets, carbonated beverages, and chocolates are examples of modern foods and beverages with high sugar content that might lead to diabetes. (Kessler, 2010).

The popularity of fast food among young people is quickly rising. That is a worrying circumstance. Young people are frequently referred to as "surprise generations." Due to their busy schedules, they do not exercise every day and instead spend their time engaging in other activities. Most of the time, they utilize computers and watch television. These days, parents don't let their kids participate in outside activities. Adolescents' health has been negatively impacted by all of these issues. (Harris, 2010).

The rise in eating disorders and bad diets is mostly attributed to a lack of understanding about healthy and unhealthy foods. To encourage people in the working class to lessen poverty, it is not sufficient to just provide them with information on nutritious and harmful meals. (Schlosser, 2001).

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There are many reasons that contribute to the rise in diet-related issues, but the expansion of fast-food restaurants has been a significant contributor in altering the kind of diets that lead to these issues. The biggest fast-food chain in the world, McDonald's operates in numerous nations. It currently serves more than 64 trillion people in more than 117 countries through more than 33,000 outlets worldwide. The solution to this issue may lie in reducing the intake of fast food. (Currie, 2010).

Getting customers to return to fast-food restaurants frequently is the main goal of these businesses. Food experts have been working for the past ten years to find super delicious foods that combine salt, sugar, and fat. Tragically, people today are developing in such a field, which is another factor. Our attributes enable the intake of many calories while serving food in areas where it is difficult to find adequate nutrition. It will probably produce engrossing sustenance through statistical surveying. The foods it creates contain fat, salt, and sugar, which can stifle our tastebuds and change our eating habits for the rest of our lives. (Speers, 2011).

Food regulators claim that salt, sugar, and fat are crucial components of effective dishes in order to combat overeating. According to him, children and young people make up a sizable portion of the food that stimulates people's minds today. When they consume these meals, they become active. When someone treats these meals, this kind of thinking takes root in your mind, and you believe it will alter the way you behave. Youth festival food can be effectively promoted through advertising. Fast food businesses are increasing their advertising spending for this reason. Fast food businesses spent nearly \$ 4.2 billion in 2009 to advertise their products to consumers. (Barre, 2011).

Fast food businesses have adopted a different strategy to guarantee that customers visit and purchase their meals. They provide a lot of fast-food restaurants in the US that have doubled in size. People can easily access these stores. These businesses have given patrons a comfortable capacity, and as a result, the fast-food sector is expanding quickly. (Khokhar, 2009)

Fast food establishments are more likely to cause weight gain and maybe even deadly diseases because they are typically located close to employers, schools, colleges, and universities. According to a study, children in grade 9 whose schools are 10 miles from fast food outlets had a 5% higher risk of being overweight and obese than children whose schools are not located near these establishments. This suggests that eating has a significant impact on your ability to learn. and how you act. This means that eating a balanced, nutritious diet can improve your performance and raise your capacity for learning. (Lahey & Rosen, 2002).

The festival food industry employs the same low pricing strategy as other <https://journalsriuf.com/index.php/KJSS>

businesses. means that they use cheap, low-quality components to make their products, which they then sell for low prices. In fast food, fruits and vegetables are used very sparingly. They make their products cost-effective, but on the other hand, they end up being unhealthy because they only employ dishonest substances like salt and sugar, which are known to cause ailments. Government angry sales tax on junk foods, which might raise the cost of fast food or junk food, to do rid of the low pricing approach. The money from that tax is utilized to educate people about the various negative impacts of fast food. (Goran, 2001).

Fast food preservatives and additives pose serious health risks. Food additives can occasionally contain too much junk food to further their goal of long-term preservation. These nutritional effects on the body and mind include negative effects on consuming healthful foods and differences in tastes. believes that eating fast food has many negative

effects on one's health; because they don't supply essential nutrients, people feel weak as a result. Junk food fills you up temporarily. Fast foods swiftly raise blood sugar levels and cause it to decrease very quickly since they lack fiber and are made of processed foods. Why, you occasionally feel hungry after consuming fast food. Blood pressure and heart attacks are brought on by high fat and salt intake. Foods contain excessive salt. Spices and a lot of fatty oils are added to these dishes. It will be challenging to break the habit of regularly eating fast food once young people start doing so. Fast food is readily available and provides comfort, so young people decide to try it again and again for that reason. (Boyal, 2009).

According to research, as people's lifestyles change, so do their eating habits and daily routines. Fast food is quickly taking the place of healthy cuisine as a result. Fast food is now more affordable than Indian food, and impoverished people are starting to give up healthy food in favor of inexpensive fast food like shawarma and hamburgers. People have started consuming less calcium, vitamins, and other nutrients as a result of fast food. (Schroder, 2007).

Obesity and overweight have several causes, many of which are now difficult to identify. There are additional considerations at play. Obesity and overweight essentially develop when people consume more calories than they expend. Obesity is passed down across generations. Obesity in parents increases the likelihood that their children will follow suit by 80%. Obesity in children and adults may be due to:

- I. Unhealthy eating behavior
- II. Overeating
- III. excessive alcohol use
- IV. wholesome vegetarian food

The percentage of obese people worldwide is rising at an alarming rate. Children and teenagers engage in less athletic activities and spend more time watching TV and using computers. Due to their hectic schedules, families no longer have time to prepare meals at home. Due to the increasing popularity of fast food and junk food, individuals today prefer quick and easy diets. (Feltenstine, 1983).

A healthy diet can reduce your chances of developing a variety of illnesses,

including obesity, overweight, and tooth decay. Dietary patterns and behaviors are also crucial, and children and young people who miss breakfast in the morning will struggle to concentrate. In the present era, traditional healthy diets have been replaced by unhealthy foods, and the majority of them eat high fat, sugar, and salty snacks throughout the day rather than breakfast. People have switched from straightforward, fat-free diets to high-fat foods since the advent of fast foods like fries, potato chips, cake, cold drinks, and pizza. The practice is influenced by a variety of reasons, such as income, a lack of knowledge about a healthy diet, and the rising popularity of fast food and junk food. (Goyal, 2007).

Research Objectives

1. The investigation of the respondents' socioeconomic traits.
2. To look into the reasons behind the rising popularity of fast food among young people.
3. Research into how festival food affects people's health.
4. The investigation into how fast food affects the people examined.
5. To make recommendations for ways to reduce the rising trend of fast food and junk food consumption.

Hypothesis

1. Trends in fast food consumption are correlated with respondents' ages.
2. Trends in fast food consumption are related to respondents' levels of education.
3. Fast food consumption habits are associated with the respondent's family type.

Methodology

You must outline all the actions you took to conduct the research in this area, as well as provide evidence for the reliability of the methodologies you used and the accuracy of your findings. The investigation will take place in District Faisalabad, and for this investigation, sample selection will be done using a multi-stage sampling technique. One tehsil will be selected in the first step. Two city councils from the tehsil will be randomly selected for the second phase. Every city council will have two colonies picked at random as respondents. The following is typically included in section research methodology:

Chi-square

When comparing categorical variables from a random sample, the statistical test known as chi-square is used to assess the degree of fit between the predicted and actual results.

chi-square formula

$$\chi^2 = \sum (O_i - E_i)^2 / E_i.$$

Conceptualization

Conceptualization is the use of certain scientific terms with a clearly communicate the expected results of the study. The general concept of conceptualization and definition with specific and purified components is important. Some of the concepts used in this study are as follows.

The concept's description matches the broad idea as stated by (John 2011). According to John, a concept is abstracted, removed, or abstracted to generate a broad idea. uncommon traits or characteristics derived from a number of particular concepts. The commonality still exists between the many people. As an illustration, the word "red" is used to describe an abstract general notion or concept; that includes the elements of apple, cherry, and blood. Because different academics occasionally employ the same terms for various purposes, conceptualizing social endeavor's is far more challenging than conceptualizing other food,

Conceptualization is the process of categorizing the ambiguous psychological picture of a notion (Tariq 1993). Because ideas in the social sciences have unclear borders, their meanings and definitions change, it is necessary to make the concept relevant. Key concepts used in the research include:

- Age
- Gender
- Family types
- Education
- Income

Age:

Ageing is a process of becoming older; it is a certain length or stage of life. It has to do with humans, animals and plants.

Following Categories of Age Are Used in Research:

- 17-19
- 20-22

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- 23-25
- 26+

Types of Family structure:

Family, from Latin familiars, is a group of individuals who are related by birth or affiliation (by marriage or other relationship). A family institution's primary goal is to ensure the well-being of its members and of society as a whole. Families are more likely to give estimations, frameworks, and reservations since their followers are dependable and socially active members.

Following Categories of Family Structure Are Used In Research:

- Nuclear Family
- Joint Family

Education:

Education is the facilitation of learning, or the acquisition of knowledge and skills. Teaching, training, storytelling, discussion and instructional research are among the educational techniques. An instructor is typically involved in teaching, although learners can also teach themselves if they want.

Following Categories of Education Are Used in Research:

- Undergraduates
- Graduate
- Post Graduate

Income:

Income is money or equal value that an individual or business receives, usually in conversation for good or service delivery or through investment capital.

Following categories of income are used in research:

- 15000- 25,000
- 25,001- 35,000
- 35,001- 45,000
- 45,000+

Result and Discussions

Reviews of Fast Food in Individuals

Table 4.1: *According percentage to Their Age*

| Age | Frequency | Percent | Cumulative Percent |
|-------|-----------|---------|--------------------|
| 17-19 | 27 | 13.5 | 13.5 |
| 20-23 | 123 | 61.5 | 75.0 |
| 23-25 | 31 | 15.5 | 90.5 |
| 26+ | 19 | 9.5 | 100.0 |
| Total | 200 | 100.0 | |

13.5% of the people who responded to the poll were in the 17–19 age group, 61.5% were in the 20–23 age group, 15.5% were in the 23–25 age group, and 9.5% were in the 26–and-up age group.

Table 4.2: *People separation according to their education*

| Education | Frequency | Percent | Cumulative Percent |
|----------------|-----------|---------|--------------------|
| Undergraduates | 117 | 58.5 | 58.5 |
| Graduate | 60 | 30.0 | 88.5 |
| Post Graduate | 23 | 11.5 | 100.0 |
| Total | 200 | 100.0 | |

58.5 of the respondents were undergraduates, 30 percent had graduate degrees, and 11.5 percent had postgraduate degrees.

Table 4.3: *Peoples According's to their reasons for using fast food, is it a fad or a trend?*

| Response | Frequency | Percent | Cumulative Percent |
|----------|-----------|---------|--------------------|
| Never | 40 | 20.0 | 20.0 |
| Rarely | 69 | 34.5 | 54.5 |
| Often | 91 | 45.5 | 100.0 |

| | | |
|-------|-----|-------|
| Total | 200 | 100.0 |
|-------|-----|-------|

According to the survey, 20.0 percent of respondents said they never follow fast food fashion or trends, 34.5 percent said they follow them occasionally, and 45.5 percent said they do so regularly.

Table 4.4: *People surveyed Fast food is convenient why they eat it*

| Response | Frequency | Percent | Cumulative Percent |
|----------|-----------|---------|--------------------|
| Never | 18 | 9.0 | 9.0 |
| Rarely | 65 | 32.5 | 41.5 |
| Often | 117 | 58.5 | 100.0 |
| Total | 200 | 100.0 | |

9.0% of Those Polled 32.5 % of respondents said they never have access to fast food, 32.5 % said they seldom have access to fast food, and 58.5 % said they regularly have access to it.

Table 4.5: *People they eat fast food is a symbol of modernization, according to them.*

| Response | Frequency | Percent | Cumulative Percent |
|----------|-----------|---------|--------------------|
| Never | 43 | 21.5 | 21.5 |
| Rarely | 70 | 35.0 | 56.5 |
| Often | 87 | 43.5 | 100.0 |
| Total | 200 | 100.0 | |

Fast food is never a sign of modernization, according to 21.5% of those surveyed. 43.5 of respondents said that food service signals of industrialization frequently occur, especially in comparison to 35.0 percent who said those happen infrequently.

The Impact of Fast Food on an Individual's Life

Table 4.6: *According to their findings, fast food has a negative impact on one's capacity to learn*

| Response | Frequency | Percent | Cumulative Percent |
|----------|-----------|---------|--------------------|
| Never | 65 | 32.5 | 32.5 |
| Rarely | 63 | 31.5 | 64.0 |
| Often | 72 | 36.0 | 100.0 |

| | | |
|-------|-----|-------|
| Total | 200 | 100.0 |
|-------|-----|-------|

32.5 percent of those polled had never been impacted by individual life deficit of iron,

Table 4.7: *peoples According to their findings, fast food has a negative impact on people's ability to focus linked to fast food consumption*

| Response | Frequency | Percent | Cumulative Percent |
|----------|-----------|---------|--------------------|
| Never | 64 | 32.0 | 32.0 |
| Rarely | 70 | 35.0 | 67.0 |
| Often | 66 | 33.0 | 100.0 |
| Total | 200 | 100.0 | |

Individual life iron deficiency had an impact on 32.5 percent of those surveyed on a rare occasion and on 40.0 percent of those surveyed on a frequent occasion.

Table 4.8: *People According to findings, fast food has a negative impact on individual growth*

| Response | Frequency | Percent | Cumulative Percent |
|----------|-----------|---------|--------------------|
| Never | 35 | 17.5 | 17.5 |
| Rarely | 77 | 38.5 | 56.0 |
| Often | 88 | 44.0 | 100.0 |
| Total | 200 | 100.0 | |

Fast food has a big impact on individual life slow growth, according to 44.0% of those surveyed, while 17.5% of those polled claimed it has no effect. Of those who indicated it has an impact, 38.5% said it has a modest effect.

Hypothesis Testing

The Chi-square test is used to determine whether or not a hypothesis is true.

- Trends in fast food consumption are correlated with respondents' ages.
- 2. Trends in fast food consumption are related to respondents' levels of education.
- 3. The respondent's father's profession is associated with a propensity to consume fast food.
- 4. Fast food consumption habits are associated with the respondent's family type.

| Variables | Chi-Square Values | Gamma Value |
|----------------------------------|--------------------|--------------------|
| Age of the People surveyed | 5.469 ^a | -.108 ^a |
| Education of the People surveyed | 2.058 ^a | .725 ^a |
| Fathers' occupation | 7.488 ^a | .169 ^a |
| Types of family | 7.332 ^a | -.338 ^a |

There it is a correlation between a respondent's age and their propensity to consume fast food. The hypothesis is validated using the Chi-square and Gamma values. With an alpha value of 1%, the Chi-square value (5.469), which is significant, shows a strong correlation between respondent age and fast-food consumption. Gamma's negative sign indicates a substantial correlation between ageing and a particular eating pattern or trend. The association is also supported by the (-0.108) significant gamma value, which is 1 percent of the alpha value. The claim that "the link between respondent age and fast-food trend" is true is therefore accepted. The second hypothesis looks into the relationship between education and the current trend of fast-food consumption. The Chi-Square value (2.058), which is significant at a value of 1%, shows a significant correlation between respondents' education levels and the popularity of fast food. The link is also supported by the gamma value, which is (0.725), or 1 percent of the alpha value. The positive sign of gamma shows that eating habits related to fast food are influenced by education levels. The claim that "Respondent's education is connected with fast food trends" is therefore accepted.

The third theory investigated the impact of the father's job on his inclination to eat fast food. Chi-Square value (7.488), is significant at a value of 1%, demonstrates a significant correlation between the respondent's father's employment and the youth's preference for fast food. The correlation is further which is supported to the gamma value of 0.169, which is significant at 1% of the alpha value. Gamma's positive indication suggests a strong correlation between a father's profession and a child's preference for fast food. As a result, it is agreed that "variations in fast food intake are associated to respondent's father's occupation." The fourth hypothesis looked into the connection between the respondent's family types and the fast-food trend. Inferred from the Chi-Square value (7.332), which is significant at 1%

Summary

According to the study's findings, having a balanced diet and consuming healthful

foods are crucial for leading a healthy life. A healthy diet played a huge role in daily work and throughout one's entire life. A balanced diet cannot make you physically fit, which is a requirement for living a healthy life. People from cities today, especially our youth, don't worry about eating a balanced diet and instead eat fast food haphazardly. Their physical and mental health will be impacted throughout their lives by the rising trend of junk food and fast food.

They claimed that they felt better when they used homemade food regularly and consumed less junk food. The study discovered that consumers in modern society consume too much fast food and junk food. It was also included that fast food consumption results in various types of diseases like that pimples, acne, rashes, mental illness, overweight and physical discomfort, etc. People don't care about their physical strength when consuming fast food because, as we all know, it has become a sign of modernity and fashion.

Research Finding

- According to the results, 61.5% of those surveyed are between the ages of 20 and 23, while 13.5%, 15.5%, and 9.5% of those surveyed are, respectively, between the ages of 17 and 19, 23 and 25, and 26 and older.
- According to the survey's findings, 30.0 percent of respondents are postgraduate students, 11.5 percent are postgraduate students, and 58.5 percent are undergraduates.
- The results show that the respondent's father had a self-employment rate of 47.5% and a government employment rate of 27.5%.
- The audience as a whole (50.0%) eats on schedule the majority of the time.
- In general, 43.5 percent of respondents think that the popularity of fast food indicates modernization.
- The findings indicate that while 20.0% of people surveyed never have an impact on their learning capacity, 40.5% of those surveyed do so frequently.
 - The results show that 40.0% of individuals surveyed think that the iron shortage significantly affects their personal lives.
 - The optimal ratio 35% of those surveyed believe that fast food has little effect on people's ability to concentrate.
- 44.0 percent of those surveyed believe that fast food has a big impact on people's lives.
- According to 56.5 percent of those surveyed, eating fast food frequently results in

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- According to the poll's findings, 42.0% of respondents said fast food has a bad influence on their life. Fast food significantly affects people's levels of muscle tension, according to 36% of those surveyed.
- The optimal ratio 37.5 percent of those surveyed mentioned fast food. According to 30.5 percent of those surveyed, fast food frequently increases one's level of fatigue, whereas fast food never does.
- According to the poll's findings, 63.0% of respondents think fast food contributes negatively to skin issues including acne.
- According to the poll's findings, 41.5 percent of respondents think fast food occasionally has a negative impact on stoke, while 26.5 percent think it never does.
- According to the poll's findings, 39.0 percent of respondents do not feel that eating fast food negatively affects depression.
- The optimal ratio 35% of those surveyed believe that fast food has little effect on people's ability to concentrate.
44.0 percent of those surveyed believe that fast food has a big impact on people's lives.
- According to 56.5 percent of those surveyed, eating fast food frequently results in stomach aches.
- The outcomes
10.5 percent of those surveyed think fast food has no effect on obesity or overweight, while 69.0 percent think it has a negative impact on these conditions. The poll's results indicate that 63.0% of participants agree fast food negatively affects skin conditions like acne.
- According to the poll's findings, 41.5 percent of respondents think fast food occasionally has a negative impact on stoke, while 26.5 percent think it never does.
- According to the poll's findings, 39.0 percent of respondents do not feel that eating fast food negatively affects depression.

Tips not to abuse Fast food.

Now that you know it, take note of the advice specialists!

- **Get a good rest.**

People who don't get enough sleep frequently experience anxiety and end up eating poorly.

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If this applies to you, we advise that you schedule your day such that you have at least seven hours of sleep each day.

- **Eat a satisfying breakfast.**

It would be harder for you to develop cravings for fast food if you take care to eat well and healthily in the morning. A good option which is to consume whole wheat bread, which will help satisfy your hunger.

- **Schedule your purchases.**

It is more likely that if you visit the market or supermarket after eating, you will not feel the want to purchase fast food because you will be satisfied. On the other hand, if you experience hunger, you risk

- **Schedule junk food**

Yes, you read that correctly. You can treat yourself occasionally if you want to since eating fast food is not necessarily bad. In this way, if you frequently experience cravings, you will be aware that you should resist them and wait until the day set aside to fulfil them.

You now know that willpower is the first step in stopping junk food binges. Pay attention to your diet as it should be taken care of by following the recommendations, we have provided you. Your body will appreciate it!

Suggestions

I offer the following actions and recommendations to avoid or limit the consumption of fast food in light of the research. Avoid going to the store when you're hungry because hunger increases cravings, This encourages you to purchase and eat junk food, like cookies, French fries, and soft drinks, among other things. substituting healthier options for junk food cravings, such as jicama, carrot, or cucumber with lemon or chopped fruit. Natural water, lemon water, or natural hibiscus water, ideally without sugar, should be substituted for the consumption of soft drinks and manufactured juices. Make lunch or dinner at home to avoid relying on fast food, as well as enjoy the food.

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