Lives without Fries

FAST FOOD: IS IT REALLY WORTH IT?

In today’s fast-paced world, the convenience of eating out has become increasingly common, with tempting menus and options available to anyone. However, with this convenience comes a significant concern: the detrimental impact on our lives. Consuming restaurant meals on a daily basis exposes individuals to a **myriad** of nutritional drawbacks. Moreover, the lack of control over portion sizes and ingredient choices can lead to mental health problems, financial strain, and contribute to long term health consequences, such as obesity, heart disease, and type 2 diabetes. **The conveniences of fast food restaurants are not worth risking our health.**

Frequently eating out negatively affects our mental health. Research has shown that diets high in processed foods and low in nutrition are associated with an increased risk of depression and anxiety. Relying on restaurants for socialization is not a smart move. It will cause loneliness in individuals. This will cause anincrease in the amount of trips they make to restaurants just to fill in that need of socialization. Additionally, the lack of control over ingredients and portion sizes in restaurant meals may lead to feelings of guilt or shame, particularly if individuals are trying to commit to specific dietary goals. Over time, this can erode self-esteem and worsen negative emotions associated with food and eating habits.

Studies show that Canadian households spend at least a quarter of their budget eating out. That is a substantial part of a family’s income. Now, is that much money worth all of these consequences? No - it is not, which is exactly the point. These expenses must be used for basic necessities, rather than **deleterious** junk food. In a study, it was found that many students ate out every day*.* Fast food is not cheaper than cooking at home. But, pupils also may not have prior cooking skills, and not enough time to learn. The simplest solution for them was to eat out. Since the students did not have many options, they began eating very unhealthy and expensive meals consistently and daily. Fast food puts a financial strain on families, students, and every one of us. Hence, it is overall a poor decision to eat out.

The long-term effects of consuming these meals can include type 2 diabetes, heart-related problems (such as cardiovascular disease, high blood pressure and cholesterol), obesity, osteoporosis, and certain cancers. Consumers would face a lack of necessary nutrients as such meals often contain excessive amounts of unhealthy fats, sodium, and added sugars. Our brains can be overwhelmed by the pleasure created by dopamine from these rewarding foods. In response, the brain adapts and makes more receptors for dopamine, therefore creating a common addiction towards these meals.

Thus, while the appeal of eating out may be enticing, it is crucial to recognize the potential health risks and consider alternative solutions to promote overall well-being and longevity. When significant concerns such as mental health, financial situations, and diseases come into play, we must be well-educated on the hazardous drawbacks that will affect us greatly. Are McDonald’s, KFC, or Burger King really worth all of these cons? Eating out has many consequences and we ought to take thisseriously. Lives without fries really are not that bad. Try taking some time to learn how to cook at home, it *will* be worth it.