

Argumentative Essay on Fast Food

Before deciding to eat fast food, everyone should think twice. There are many health risks in eating processed foods in seconds. Food is not well cared for, leading back to initially producing food. Even while fast food is convenient and inexpensive, the health dangers exceed the five minutes of satisfaction it provides. One should think carefully before eating fast food.

The health risks of eating too fast food are life-threatening. Obesity can be caused by eating fast food that is always bought. Fast food is made with high-calorie fat. If it does not work, then you can gain weight. People are deceived by the masses and tend to overeat. So, without realising it, they are eating too many calories. "This is an excellent example of how people might consume too many calories without realising it. It can affect your heart health and your chances of developing life-threatening heart disease. "If you eat all the fat, sugar, and salt, your heart can be weakened and you will be at risk.

Foodborne illness can be caused by fast food. Most people do not know the conditions under which animals live before they are killed. Cattle are hung upside down, and pigs and chickens are crammed into the gates. In one case, a man is seen beating a pig, kicking and kneeling, and then striking it with a fantastic metal fork at least 20 times like an animal." What could be the result of these living conditions? "Various germs get into our food." According to a recent study, coliform bacteria can be identified in up to 11 per cent of total soda sources in restaurants and 48 per cent of whole soda sources in restaurants.

On the other hand, fast food is one of the most convenient and cost-effective ways to eat. Save a lot of time and money, especially for people returning from work. "As the success of fast food shows, greater flexibility than ever before will always give you the biggest advantage in the marketplace". There is no quicker or better way to satisfy your stomach. But again, just how much do you have to pay when you are full, and now you have a new disease by eating out at fast-food restaurants? "Foodborne illness is estimated to cause 6 to 81 million illnesses and at least 9,000 fatalities in the United States each year." Any of these numbers could belong to someone else's family. Most of these germs are found in the food you eat in your local fast food area. A sick burger can cost hundreds of dollars in hospital bills if eaten at one of these facilities.

Before deciding to eat fast food, everyone should think twice. Health risks are not suitable for your health, and animals that live in slaughterhouses are not appropriately treated or hygienically before their death, which can cause many foodborne illnesses to remain in the diet. Although it is easy to buy and cheap, risking one's life for something wrong in the first place can cost thousands of dollars in hospital bills. It is essential to eat a healthy diet and make good decisions when deciding what to include in your body. Do not be lazy and eat fast food when you return from work. Choose well and eat vegetables.

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