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Argumentative Essay

Adv. English III

It's no secret that fast food is not good for you, and that eating it excessively comes with consequences. However, many people have no clue what is in their food that makes it so bad, or what the consequences really are. Despite the fact that fast food may save time and money, it is not worth risking your healthy lifestyle because of the ingredients and industry it is produced in. Fast food does not provide us with the nutrition we need to maintain a healthy lifestyle. Not only is the food itself unhealthy, but the factory production is not a safe environment for food manufacturing.

The human body needs a certain amount of salt, fats, and sugar in order to function properly. Salts, fats, and sugars are not the problem. The problem is that the quantity of these ingredients that is put into fast food is unreasonably high. When your body gets way more of these components than it needs, it doesn't know what to do with it all, which is why it does far more harm than good. Most all fast food items also contain a large amount of high fructose corn syrup, which can lead to other health issues, such as high cholesterol. Fast food can easily become addicting because of its cheapness and accessibility, but that's not the only factor that makes everybody keep coming back. A certain ingredient in fast food known as MSG is a cheap flavoring that causes you to feel hungry after you are full, and can become addictive.

Eating too much of this fast food comes with consequences, but many people are unaware of what these effects actually are. As stated before, certain ingredients can lead to an increase in cholesterol. High cholesterol can lead to other serious conditions including a higher risk of a heart attack or other heart diseases. Too much fast food can also cause damage to your arteries, which are used to pump blood away from your heart. These problems are not only affecting adults, but they are becoming an issue for children across the United States as well. Children that live in households that frequently eat fast food are subject to harmful substances just as much as the adults, if not more due to their early development. Getting children into this habit of drive-thru dinners will cause them to resist healthy foods even more in the future, because bad habits are always difficult to break. Increased consumption of fast food also leads to prevention of sleep and schoolwork. Not only does this unhealthy lifestyle affect your health, but it can damage these social aspects of life as well.

People still say that fast food is the most desirable option because it saves families money and time. However, multiple studies have shown that this type of dietary lifestyle seriously impacts your health and can lead to serious diseases. The National Heart, Lung, and Blood Institute did a research study on just how much of an effect fast food has on us. Their results stated, “After 15 years, those who ate at fast-food restaurants more than twice each week compared to less than once a week had gained an extra ten pounds and had a two-fold greater increase in insulin resistance, a risk factor for type 2 diabetes.” Diabetes, heart disease, and obesity are just a few of the many life-threatening problems that can arise from this eating habit. No matter how much time you save by going to get fast food instead of a proper meal, it isn't worth the time that can be taken away due to these health dangers.

Millions of people all across the United States still go to fast food as their meal of choice, despite knowing the fact that eating it on a routine basis is detrimental to their health. Whether it's due to lack of time, money, or just laziness of not wanting to prepare a full meal, the health risks presented are all the same. Fast food on an excessive scale can lead to life-threatening diseases, harm aspects of everyday life, and even put your family members and children at the same risk.

Works Cited:

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