



EFFECT OF CONVENIENCE FOOD ON HEALTH OF CHILDREN

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ABSTRACT Convenience food or processed food is commercially prepared created as an easy way to get and consume. Most convenience foods provide excessive amount of sodium, sugar and saturated fat. Convenience foods which are processed food are loaded with Preservative, unnatural colouring, added flavoring and other unappetizing substance. If Convenience foods are consumed regularly for a long time it can begin to harm a person's health which can contribute to serious health issues such as obesity, diabetics, heart disease and stroke. It has been well established by several researchers that Unhealthy diets and poor nutrition are among the top risk factors for these diseases globally. Present study was aimed to assess the impact of convenience food on child's health. All the results show that there is a positive relation between convenience food and health; it is highly recommended freshly prepared healthy food at home should be promoted to avoid the life style disease among children.

KEYWORDS : Convenience food , Overweight , Obesity, Diabetes ,Hypertension and Lifestyle diseases.

INTRODUCTION-

Changing life style of adolescent not only affects the nutritional status but also affect their overall health. Convenience food has become widely popular especially among working class people, school going children, teenage children and people living in hostels. Inclination towards convenience food became a major health issues among adolescents. Convenience foods are used to shorten the time of meal preparation at home. Some convenience foods can be eaten immediately or after adding some water, heating or thawing. Some popular easy to prepare convenient food are masala oats, corn flakes, Canned soup, Frozen food, bread etc. Other is cake mix, Spice mix, Ready to eat food, Sauces etc.

Giammettei et al (2006) found that those children who consumed three or more soft drinks per day also had a BMI was higher. Children find themselves amidst a complex society that is undergoing breath taking changes (Taylor JP2005) Wafers, Chips, Colas, Pizza and Burger are suddenly the most attractive food item among children.

Junk food and chocolate eating habit have positive relation with prevalence of obesity and overweight (Goyal, R. K., Shah, V. N. & Saboo, B. D., 2010)

Fried & processed food contain high amount of trans fat, Saturated fat in addition to oxy cholesterol. Oxy cholesterol is a little Known type of cholesterol which may prove to be a lethal compound to heart health (Hovenkamp E2008)

A high sodium level has been clearly implicated as the causative factor for high blood pressure. Sodium is known to affect renin-angiotensin system in kidneys, Witch produce vasoconstrictive effects on arteriols, Leading to development of high blood Pressure .

Socio-economic status is an important factor related to fast food consumption. Children from high socio economic status prefer fast food rather than traditional food despite their better nutritional knowledge (Vijaya pushpam T, 2003)

Hydrogenated oil used in cookies is rich in transfat. Transfat content in fast food is for higher than western food. Transfat content in bhatura, Paratha and Puris is 9.5%, 7.8% and 7.6% respectively as compared to 4.2% in regular French fries (Pareatakul S, 2003).

Children who eat fast food have higher intake of energy, fat, Saturated fat, Sodium carbonated soft drink and lower intake of vitamin A and C , Milk, Fruits, Vegetable than those who do not take fast food (P<001) (World Health Organization, July 14, 2010)

Fast food may be associated with poor hygiene during preparation,

Storage and handling. It invites microbiological contamination and is a risk factor of heart disease (Prinifice AM, 2003) . Poor health due to obesity in adulthood increases the likelihood of developing chronic diseases such as cardiovascular disease, Type 2 diabetes and some forms of cancer (National Health and Medical Research Council, 2011), as well as increasing the prevalence of mental health conditions such as depression and anxiety (Puhl & Latner, 2007). The availability of energy dense, nutrient poor foods, and increasingly sedentary lifestyles are factors contributing to overweight and obesity in India (Indian Bureau of Statistics, 2009a).

Taking of Convenience food is a dietary habit of our present day children. Consumption of diet rich in sugar, saturated fat, salt and calorie in children can lead to early development of health hazards.

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