

HAZARDOUS JUNK FOOD

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ABSTRACT

Western diet is spreading across the world as people take it many ways as diet ,passion , trending high five culture, celebrations etc. knowingly or unknowingly nowadays people are consuming western foods in large amounts . But it leads to very serious damage to the immune system. This article presents the impact of Practising western diet system.

INTRODUCTION

Infectious diseases and malnutrition were the major medical problems in most Asian countries . Immune system of the body provides resistance to infection and toxins. It is the host defense system. Immune system detects the pathogen and acts against it there by protecting the body. Disorders of immune system can result in autoimmuneⁱ diseases ,inflammatoryⁱⁱ diseases and diabetes.

STATE OF INFLAMMATION

Western diet trigger the NLRP 3-dependant innate immune reprogramming “NLRP3 is the gene in human located on chromosome 1 which is predominantly expressed in macrophages and is responsible for triggering immune response there by causing inflammatory response. The body responds aggressively to the fast food consumption similar to the bacterial infection. Western diet is with excess of fat , salt and sugars which on uptake causes inflammatory response producing some immune cells like granulocytes and monocytes. Bone marrow produce these cells and causes early maturation of immune cells when stimulated by diet “unhealthy diet”. So army of white blood cells are produced in response. Even if we change to the healthy diet the initial inflammation and genetic modifications will not be alterd. This state of

inflammation can lead to health issues like diabetes and auto immune diseases. The processed and fast foods can be incredibly causing damage to our body evident by the increasing obesity and diabetes in western countries.



TYPE 2 DIABETES

Our body’s cells dosen’t respond to insulin as well as they should.Uncontrolled type2 diabetes can lead to chronically high blood sugar level,causing several symptoms and potentially leading to serious complications.Symptoms include:itchy skin,fatigue,constant hunger.

HEALTH HAZARDOUS OF JUNK FOOD

When junk food is consumed very ofen,the excess fat ,simple carbohydrates,and processed sugar found in junk food contributes to an increased risk of obesity, cardiovascular disease and many other chronic health conditions .It can cause chemical changes that can lead to depression.