

Consumption Pattern of Fast Foods and its Effect on Health Status of Adolescents (17-20 Years)

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Abstract—As the adolescent age is the most crucial period of transition in the overall human development, so the nutritional requirements in proper proportions particularly in this period assume pivotal role for overall growth process. The present study aims to assess the relationship between the consumption of Fast food and ill health of adolescents (17-20 years) with the objectives to assess health status and the consumption pattern of fast food by adolescents, to assess various factors that lead to the consumption of fast food by adolescents and to assess the mode of ordering food i.e. college canteens, online delivery, fast food restaurants, food trucks and the type of fast food they consume. The present study entitled “CONSUMPTION PATTERN OF FAST FOOD AND ITS EFFECT ON HEALTH STATUS OF ADOLESCENTS (17-20 YEARS)” was conducted in Noida, Delhi and Faridabad. 100 subjects (both males and females) were selected randomly and the data was collected using Structured Questionnaire, 24 Hour Dietary Recall and Food Frequency Questionnaire. Among adolescents the most preferred fast food outlet was McDonald’s which was preferred by 53% of adolescents. Taste was the most preferred parameter because of which the fast food consumption was high among adolescents (43%). Most of the subjects i.e. around 56% were using online app for ordering food and the most used app was Zomato. It was also found that around 43% of adolescents suffer from food poisoning, diarrhea, constipation, hypertension and obesity due to the consumption of fast foods. Therefore to conclude, fast food consumption is high among adolescents due to easy accessibility, online food delivery, canteens in college, fast food outlets and many more. Its consumption has a negative impact on their health. Use of fast food among adolescents is of concern due to high fat and energy intake, which may cause obesity and obesity related chronic disease. They should definitely limit their intake for a healthy living.