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Now there is not a single person left who, at least out of the corner of his ear, has not heard about fast food. Many have tried and love this junk food. At the fast pace of a big city, you often do not have time to have a full meal, and then fast food comes to the rescue. Despite the fact that people are aware of the dangers of consuming such high-calorie foods, the demand for them is not diminishing. Maybe fast food isn't as bad as people say.

When we hear the word fast food, the association is mainly about food from McDonald's: hamburgers, french fries, hot dogs, etc. However, this can also include pizza, pies, chips, croutons, instant noodles, in general, everything that you can eat on the go.

The popularity of fast food is due to the rapid industrialization and development of megacities. The homeland of fast food can be considered the United States, where in 1902 the first Horn and Hodart snacks were opened. The fast food boom came in the 1960s and 70s, when chains such as McDonald's and Starbucks opened.

American fast food came to Russia after the collapse of the USSR. The older generation probably remembers the excitement in Moscow in connection with the opening of the first McDonald's.

Everyone knows fast food leads to obesity. These foods are high in fat and carbohydrates, and they do not satisfy hunger. Here vitamins and nutrients are completely absent. Also, fast food affects the water-salt balance. The risk of developing many diseases increases, including gastritis, ulcers, caries, diabetes mellitus, etc.

Remember that the health of your body depends only on you.