

With the fast pace of modern life, more and more people are turning towards fast food for their main meals. Do you think Advantages outweigh the disadvantages?

Many people are preferring fast food when it comes to their main meals, due to the fast pace of modern life. In my opinion, junk food is detrimental to health when taken on daily basis. Since it offers a meagre amount of Nutrients, it invites a plethora of maladies.. Therefore, I believe that its disadvantages outnumber its benefits.

One of the biggest disadvantage of the fast food is its dismal nutritional value. It is a fact that human body requires nutrients such as vitamins, carbohydrates, etc. on regular basis. If fast food is consumed almost everyday, it will result in feeble immune system and even eventually, human body will become a host of

Numerous diseases. Take, for example, The United States of America is one of the leading junk food consumer, consequently a significant amount of its population is suffering from obesity.

Furthermore, consumption of fast food results in monetary loss. because treatment of diseases requires considerable amount of money. ~~It~~

In Addition to this, while going under treatment a lot of time is used, which can be considered as unproductive time. Apart from the severe diseases, Junk food can induce some changes in body, for instance, loss of concentration, being lethargic, etc. which inhibits us to perform our daily tasks efficiently.

To sum up, due to paucity of nutrients in junk food, its regular consumption can be harmful for health. Additionally, It weakens the

natural defense of human body, as a result
several pathogens can easily infect the body.

Therefore, people lose precious time and money
on the treatment of maladies. I strongly

believe that people should not replace their
main meals with fast food.