

Modern Food Habits and Its Impact on Human Health

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ABSTRACT- Modern food habits have undergone significant changes due to urbanization, technological advancements, and shifting lifestyles. These changes often involve increased consumption of processed foods, high sugar and fat intake, and reduced consumption of fresh fruits and vegetables. Such habits have been linked to increased health issues like obesity, diabetes, cardiovascular diseases, and other chronic conditions. Understanding and addressing the impact of these modern food habits on health is crucial for promoting healthier lifestyles and preventing the associated health risks.

KEYWORDS- Modern Food Habits, Health Effects, Processed Foods, High Sugar Intake

I. INTRODUCTION

In recent times, the modernization of food habits has brought about significant changes in the way people consume and interact with their diets. The rapid pace of urbanization, globalization, and technological advancements has led to a shift from traditional dietary patterns to more convenient, processed, and often less nutritious food choices. While these changes offer convenience and variety, they have also raised concerns about their impact on health. This introduction will delve into the effects of modern food habits on health, addressing both the positive and negative aspects of this transformation. Modern food habits have significantly evolved over time, influenced by various factors such as convenience, globalization, and changing lifestyles. These habits often involve a higher consumption of processed foods, sugary snacks, and fast food, while sometimes neglecting essential nutrients from whole foods like fruits, vegetables, and whole grains. This shift in dietary patterns has been linked to a range of health impacts, including obesity, diabetes, heart disease, and other chronic illnesses. As a result, understanding and promoting healthier food choices is crucial for maintaining optimal human health in today's fast-paced world. Modern food habits have undergone significant changes over the years due to various factors such as globalization, urbanization, technological advancements, and changes in lifestyle. These changes have led to both positive and negative health effects on individuals and populations.

Here are some aspects of modern food habits and their associated health effects:

- Processed and Fast Foods.
- High Sugar Intake.
- Low Nutrient Density.
- Decreased Fiber Intake.
- Shift in Portion Sizes.
- Increased Consumption of Red and Processed Meats.

- Lack of Diversity.
- Lack of Preparation.

The Effects of modern food habits on human health can be both positive and negative, depending on the choices individuals make. Here are some of the key effects

Negative Effects are:

- Obesity and Weight Gain.
- Chronic Health Conditions:
- Poor Nutritional Intake:
- Digestive Issues
- Increased Risk of Mental Health Issues

Positive Effects:

- Convenience.
- Cultural Diversity.
- Innovation
- Awareness and Education

II. LITERATURE REVIEW

A. Study 1

Effect of modern food and lifestyle on human biological clocks and health. Author:- Krishna Patel

Published In:- 2022

Summary, Today's hectic schedule, work pressure, and lack of awareness of nutritious and healthy food are creating not only physical and mental unhealthiest but also psychological issues. Our biological clock goes to be misalignment because of wrong food habits, wrong meals, and wrong sleep timing. As the modern world is taking us out of sync with our natural rhythms, we are slipping into the lap and trap of severe health diseases such as obesity, hypertension, hyperlipidemia, diabetes, cancer, etc.[1][5]

B. STUDY 2

Mediterranean diet pyramid: a cultural model for healthy eating Authors:- Walter C Willett, Frank Sacks, Antonia Trichopoulou, Published In:- 1995

Summary, We present a food pyramid that reflects Mediterranean dietary traditions, which historically have been associated with good health. This Mediterranean diet pyramid is based on food patterns typical of Crete, much of the rest of Greece, and southern Italy in the early 1960s, where adult life expectancy was among the highest in the world and rates of coronary heart disease, certain cancers, and other diet-related chronic diseases were among the lowest. Work in the field or kitchen resulted in a lifestyle that included regular physical activity and was associated with low rates of obesity.[2][5]

C. STUDY 3

Sustainable food consumption: an overview of contemporary issues and policies Authors:-Lucia Reisch, Ulrike Eberle,

Sylvia Lorek Published In: 2013 Summary, Contemporary food production and consumption cannot be regarded as sustainable and raises problems with its wide scope involving diverse actors. Moreover, in the face of demographic change and a growing global population, sustainability problems arising from food systems will likely become more serious in the future. For example, agricultural production must deal with the impacts of climate change, increasingly challenging land-use conflicts, and rising health and social costs on both individual and societal levels. The unsustainability of current arrangements arises from the industrialization and globalization of agriculture and food processing, the shift of consumption patterns toward more dietary animal protein, the emergence of modern food styles that entail heavily processed products, the growing gap on a global scale between rich and poor, and the paradoxical lack of food security amid an abundance of food.[3][5]

D. STUDY 4

Food and Health in early modern Europe: diet, medicine, and Society, 1450-1800 Author:- David Gentilcore Published In:- 2015

Summary, Food and Health in Early Modern Europe is both a history of food practices and a history of the medical discourse about that food. It is also an exploration of the interaction between the two: the relationship between evolving foodways and shifting medical advice on what to eat in order to stay healthy. It provides the first in-depth study of printed dietary advice covering the entire early modern period, from the late-15th century to the early-19th; it is also the first to trace the history of European foodways as seen through the prism of this advice.[4][5]

III. RESEARCH GAP

Based on the literature survey, it is evident that there is no sufficient studies regarding the modern food habits and its impact on human health

IV. OBJECTIVES

- Examine the dietary patterns prevalent in modern society.
- Investigate the nutritional composition of commonly consumed modern foods.
- Analyse the correlation between modern food habits and the rise of chronic diseases.
- Explore the impact of processed and fast foods on health markers.

V. RESEARCH METHODOLOGY

A mixed-methods approach was employed to investigate the interplay between modern food habits and human health. A diverse sample encompassing individuals of varying age groups, socioeconomic backgrounds, and geographical locations participated in a comprehensive dietary assessment survey. This survey captured detailed dietary patterns, preferences for processed and convenience foods, as well as health indicators such as body mass index (BMI), blood pressure, cholesterol levels, and metabolic markers.

VI. DATA ANALYSIS

The data collected from the dietary assessment survey underwent rigorous analysis to unveil patterns in food consumption, the prevalence of processed and convenience foods, and deviations from recommended dietary guidelines. These patterns were then correlated with health indicators to determine potential associations between modern food habits and various health outcomes.

VII. RESULTS

The analysis exposed a troubling pattern of heightened consumption of processed and fast foods within the participant pool. Frequent intake of sugary snacks, sugary beverages, and high-fat foods was prevalent. Concurrently, a notable disparity in the consumption of essential nutrient-rich foods such as fruits, vegetables, whole grains, and lean proteins emerged. The connection between heightened processed food consumption and adverse health outcomes was evident, with participants displaying elevated BMIs, increased cholesterol levels, and markers of metabolic syndrome. And noticed that people choose taste over health which should be changed and concerned.

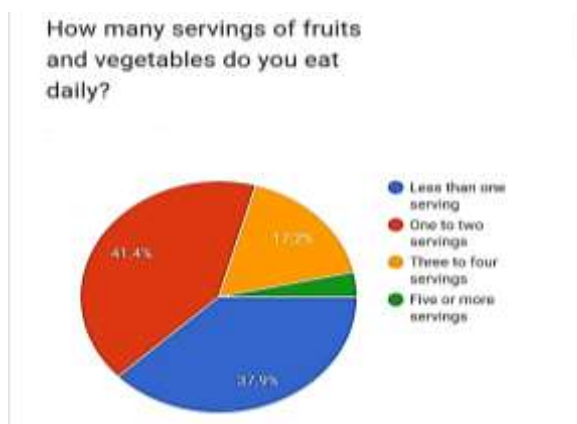


Figure 1: In figure 1 around 41.4% of people consume 1 to 2 servings of fruits and vegetables daily

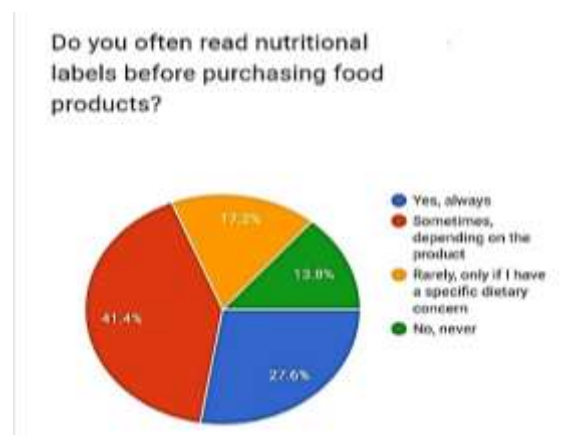


Figure 2: In figure 2 around 41.4% of the people sometimes read a nutritional label depending on the products

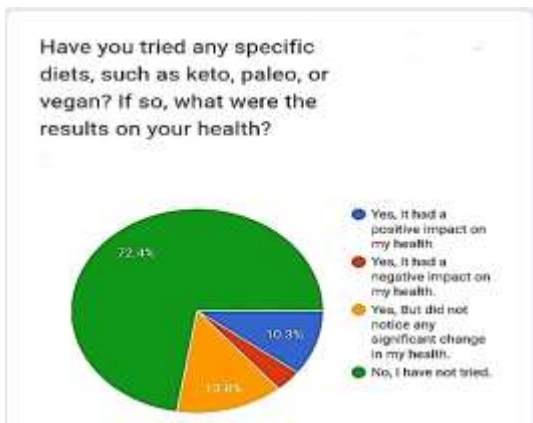


Figure 3: In figure 3, 72.4% of the people have not tried any of the diets

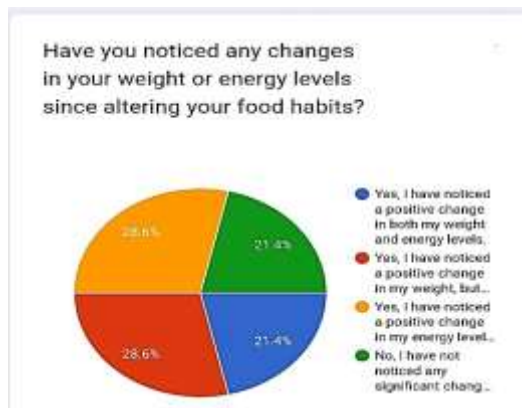


Figure 6: in figure, six most of the people have noticed changes in their weight and energy.

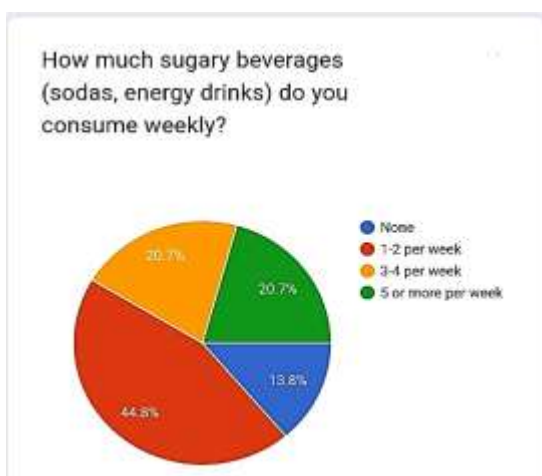


Figure 4: In figure 4 around 1-2 sugar beverage people consume in a week

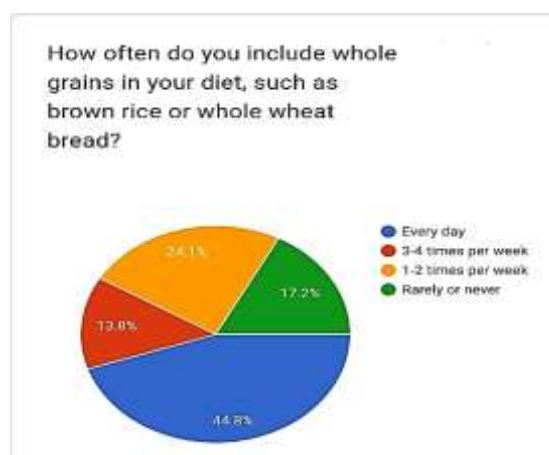


Figure 8: In figure 7 around 44.8% includes whole grains in their diets.

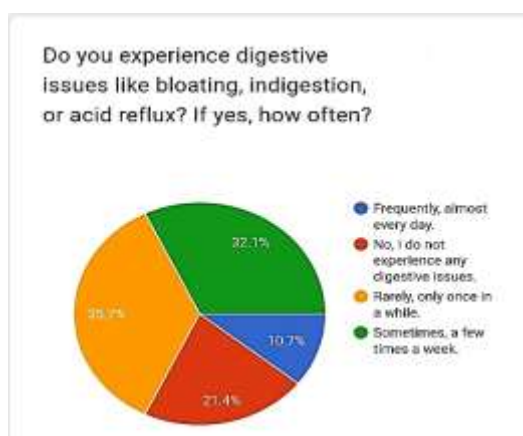


Figure 5: in figure, 5 35.7% people rarely experience digestive issue

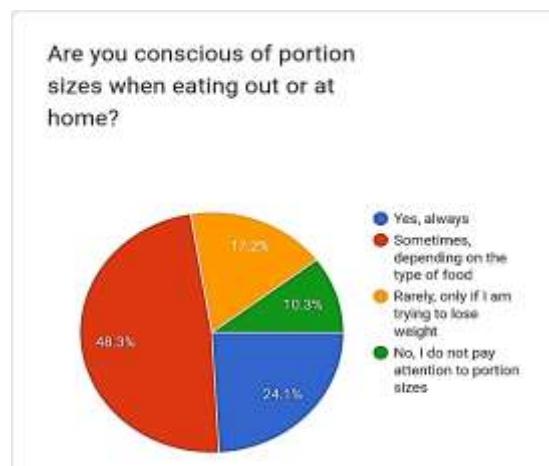


Figure 8: in figure, eight around 48.3% of people are conscious of portion sizes

VIII. CONCLUSION

In conclusion, modern food habits have brought about a mix of positive and negative health effects. While advancements in technology and globalization have increased convenience and variety, they have also led to the prevalence of processed, nutrient-poor foods and a decline in overall dietary quality. The resulting health

issues, including obesity, diabetes, cardiovascular diseases, and digestive problems, underscore the importance of addressing and remedying these habits. Here are some remedies to mitigate the negative health effects of modern food habits:

- **Prioritize Whole Foods:** Emphasize whole, unprocessed foods such as fruits, vegetables, whole grains, lean proteins, nuts, and seeds. These foods are rich in essential nutrients and fiber, promoting overall health and well-being.
- **Cook at Home:** Make an effort to cook meals at home using fresh ingredients. This gives you better control over the ingredients and cooking methods, reducing the consumption of added sugars, unhealthy fats, and excessive salt.
- **Practice Portion Control:** Be mindful of portion sizes to avoid overeating. Using smaller plates and bowls can help regulate portion sizes and prevent overconsumption.
- **Limit Processed and Sugary Foods:** Reduce the intake of processed foods, sugary snacks, and sugary beverages. Opt for whole food alternatives and use natural sweeteners in moderation.
- **Incorporate Diverse Foods:** Aim for a diverse and balanced diet to ensure a wide range of nutrients. Include foods from different food groups to support overall health.
- **Read Labels:** When purchasing packaged foods, read ingredient labels carefully. Avoid products with long lists of artificial additives, high levels of sodium, and added sugars.
- **Stay Hydrated:** Drink plenty of water throughout the day. Avoid excessive consumption of sugary drinks, as they can contribute to empty calories and health issues.
- **Moderate Meat Consumption:** Reduce the intake of red and processed meats, and opt for lean protein sources such as fish, poultry, legumes, and plant-based proteins.
- **Prioritize Gut Health:** Include foods rich in fiber, such as whole grains, fruits, vegetables, and fermented foods like yogurt and sauerkraut, to support a healthy gut microbiome.
- **Educate Yourself:** Stay informed about nutrition and healthy eating habits. Understand the nutritional content of the foods you consume and make informed choices.
- **Seek Professional Guidance:** If you are uncertain about your dietary choices or have specific health concerns, consult with a registered dietitian or healthcare professional. They can provide personalized recommendations based on your individual needs.
- **Promote Food Sustainability:** Choose foods that are environmentally friendly and sustainably sourced. Supporting local and organic produce can have positive effects on both your health and the planet.

By adopting these remedies and making conscious choices, individuals can navigate the challenges posed by modern food habits and work toward improving their overall health and well-being. Remember that small changes in dietary habits can have a significant impact over time, leading to better health outcomes and a higher quality of life.

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