

JUNK FOOD: COMPOSITION AND CALORIES

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First of all, let's explain what Junk Food is:

Junk food is a pejorative term, dating back at least to the 1950s, describing food that is high in calories from sugar or fat, with little dietary fiber, protein, vitamins or minerals. For example:

Burger, Frise:



Donut:



Pizza:



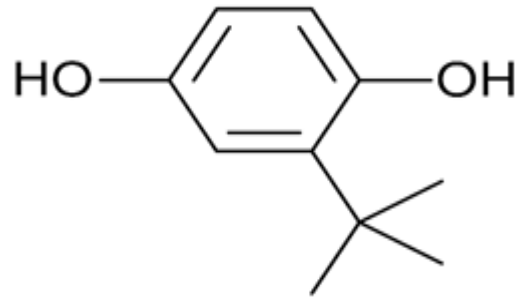
And where you can buy them:



Erasmus+HowCanWe Feed OurGenes?

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Most fast food restaurant menus contain some ingredients you would like to do without. One of the most common of these ingredients is Tertiary butylhydroquinone (TBHQ). This ingredient is littered among the most popular fast food items that are being consumed on a daily basis.



TBHQ is a chemical preservative that is a form of butane and is mostly used to delay the onset of rancidness and tremendously extends the storage life of foods. There are some nasty side effects if too much is consumed. Consuming 1 g of TBHQ could cause you to experience symptoms ranging from nausea to collapse, while 5 g is a lethal dose.

So, if you want to consume 1g of TBHQ, you would have to eat 5kg of Chicken McNuggets and if you want consume 5g of TBHQ, you would have to eat 25kg Chicken McNuggets.

A second common ingredient found in fast food is Dimethylpolysiloxane. Dimethylpolysiloxane is a silicone based substance used as an anti-foaming, anti-caking and emulsifier in fast foods. It is found frequently in soft drinks, instant coffees, chewing gum, syrups, chocolates, cooking oils and vinegars. Disturbingly, just like TBHQ, Dimethylpolysiloxane can be found in non-edible items too. This list includes; cosmetics, shampoos, used to create silly putty, used to create heat-resistant and industrial oils. Dimethylpolysiloxane is not toxic but can irritate the skin and eyes as well as pose a risk if inhaled or ingested in its raw form.

And now let us talk about calories of Junk Food:

Calorie is the unit of energy. If you eat or drink something with calories you get power/energy. How more calories you drink or eat, how more energy/power you'll get.

So, calories are not bad, but if you eat too much than you have more energy than you need.



How many calories are good for you?

Average Male:

-2500 calories per day to maintain
-lose 2000 calories per week

Average Female:

-2000 calories per day to maintain
-lose 1500 calories per week

Unhealthy food/drinks:

Junk Food	How many	Calories
Big Mac	100g	257,2
Pizza	100g	266
Glazed Donuts	One piece	240
Noodles	100g	138,1
Cola	330ml	139
Red Bull	330ml	148,5
Coffee	330ml	1,65

Healthy food/drinks:

Daily food	How many	Calories
Banana	100g	88,7
Strawberry	100g	32,5
Bread	100g	264,6



Yoghurt	100g	61
Water	100ml	0
Orange Juice	100ml	44,9
Tomatos	One medium size	24

Conclusion:

Most people think that how more calories they consume how unhealthier it is, but that's not really true because as you can see there are more calories in the bread than in the Big Mac but we know that the Big Mac is unhealthier, right? It's because the Big Mac contains more unhealthier nutrients and added substances like fat, sugar and so on.

