Fast food vs. slow food

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Slow Food is an idea, a way of living and a way of eating. It is part of a global, grassroots movement with thousands of members in over 150 countries, which links the pleasure of food with a commitment to community and the environment.

http://www.slowfoodusa.org/index.php/slow_food/

Fast foods are characterized as quick, easily accessible and cheap alternatives to home-cooked meals, according to the National Institutes of Health (NIH). They also tend to be high in saturated fat, sugar, salt and calories.

http://www.livestrong.com/article/49366-definition-fast-foods/
agriculture

fisheries

environment
• protection of biodiversity
• water reserves
• soil fertility

cultural aspects
• conservation of traditional knowledge

social aspects
• connection between producers and consumers
Fast foods

- More sodium
- More fat
- More sugar
- Less antioxidants
- Less vitamins and minerals
- Less fibre
The negative effects of fast food

- Overweight/Obese
- Cardiovascular disease
- Cancer
- Liver disease
- Asthma
- Type-2 diabetes
Insulin

Beta cells of pancreas are stimulated to release insulin into the blood.

Body cells take up more glucose.

Liver takes up glucose and stores it as glycogen.

Blood glucose level declines to set point; stimulus for insulin release diminishes.

Liver breaks down glycogen and releases glucose into blood.

Blood glucose level rises to set point; stimulus for glucagon release diminishes.

Alpha cells of pancreas are stimulated to release glucagon into the blood.

STIMULUS: Rising blood glucose level (for instance, after eating a carbohydrate-rich meal)

Homeostasis: Blood glucose level (about 90 mg/100 mL)

STIMULUS: Dropping blood glucose level (for instance, after skipping a meal)
Blood glucose concentration after carbohydrate-rich and carbohydrate-poor meals.
The **glycemic index (GI)** is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating.
Model of the critical role of impaired insulin release in linking obesity with insulin resistance and type 2 diabetes.

http://www.nature.com/nature/journal/v444/n7121/fig_tab/nature05482_F4.html
Observed sex differences in fast-food consumption and nutrition self-assessments and beliefs of college students (n = 259)

(A) Reasons reported by students by sex for typically eating at fast-food restaurants. Students could check all that applied. A larger percentage (P = 0.0592) of men than women indicated because fast-food restaurants were “inexpensive and economical,” whereas a larger percentage (P = 0.0992) of women than men indicated eating there so they could “eat with family or friends.”

(B) Frequency (times/wk) of students by sex typically eating at fast-food restaurants. The responses given by men were significantly different (P = 0.0074) than those of women.

Morse K., Driskell J.; 2009
Childhood Obesity: Relationship to Fast Food

1. Globally, around 43 million children under five were overweight in 2010. In Europe, 3 of 77 million children were obese in 2004. Just in Spain 34% is overweight of all children in the age of 7 to 11. (http://www.project-earlynutrition.eu/html/en/public/obesity_childhood.html)

2. According the research fast food consumption is one potential cause that has received widespread attention in the world.

3. Why?

4. **Causes:**
   - the influence of family,
   - the media,
   - and the proximity of fast food restaurants to schools and homes.

5. Summary – not easy; strickier local policy, family and school

Kluge, 2012
THE EFFECT OF FAST FOOD RESTAURANTS ON OBESITY AND WEIGHT GAIN

• Research investigate the obesity rate depending to distance of fast food restaurant for two vulnerable groups: young teens and pregnant women.

• **Teens:** If distance school – fast food resurant <160 m, obesity rate increase by 5.2%.

• **Pregnant women:** relationship between risk of obesity and distance of fast food restaurant is linear

Currie and all, 2009
Feeling Slow Food: Visceral fieldwork and empathetic research relations in the alternative food movement

• Feelings when you eat
  – various kinds of foods and various food-based settings can come to elicit different feelings or sensations in different bodies

• Methods
  – 1. Verbal communication: a “non-focused” group
  – 2. Non-verbal communication: a taste-driven experience

• Results
  – Food should be relaxations; you must enjoy your meal; it is important to eat slowly;...

(Hayes-Conroy, 2010)
Thank you for your attention