



## Editorial

# More Health Risks in Fatty and Fried Meals

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The city and urbanized people are habituated to street food or the food available in the little shops of roadside. The popularity of these street foods is increasing day by day as they are tasty and low priced. Moreover, it contributes to the country's economic status. Street foods have a positive role in promoting tourism also. To make travel more economic, many tourists worldwide usually select street food among different foods. Miami of the USA, Sydney of the Australia, Beijing of the China, Tokyo of the Japan, Bangkok of the Thailand, Cairo of the Egypt, Bali of the Indonesia, Vietnam's Ho Chi Minh to India, Mumbai and Kolkata Street foods are the matter of common choice for them who goes there for a trip. Usually in the afternoon mobile food shops are opened by the side of the road. Star rated expensive restaurants are commonly not available nearby and so many foods like street foods are not available in the costly restaurants. In Dhaka city many shops are available where street foods are decorated on the footpath or by the side of the road. Many street foods are supplied from these mobile shops which are not commonly seen or provided in costly restaurants. From afternoon to midnight these mobile shops remain on the street side. Besides these spicy local fried fast food as Jhalmuri, Fuchka and Chatpati, Shingara, Samosa, Dalpuri, Velpuri, Piazos shops are there. The difference between them is that in foreign countries foods are prepared and supplied in a hygienic manner. In Bangladesh no hygienic or healthy environment is maintained during these street food preparation and delivery. So, about 90% of the street food contains salmonella, E-coli and East mold like microorganisms within them. The chances of suffering from different diseases are there, knowing it people are regularly eating these street foods. This is also the culture and habit of common people. It is also seen that people are habituated in taking this risk. Taking risks to become sick and to reach a painful situation is a common issue to our people. Selling street foods is the only earning profession for a class of people in our country. Again, it cannot be supported, as for these street foods community health is at a big risk. For this reason, it should be kept in mind that how these street foods can be supplied with safety. At the same time consumers should be conscious about this.

Body weight is increasing in this street food consuming population due to fat and sugar content of the food. Overweight is not good for personal health. In the western world candy, ice cream, huge sugar content food, soft drinks, oily and fat-rich foods create overweight problems for the people, especially it appears as a problem to the children. Body overweight has deep relationships with the different types of diseases such as hypertension, heart disease, diabetes mellitus, arthritis, etc. Health experts are advising the persons to reduce their weight who are overweight to stay away from these killer chronic diseases. Excess fat and calorie-rich food ultimately can produce any dangerous disease of health. Cholesterol is a known lipid. In the endothelial layer of blood vessel of an obese person sugar and free radical causes inflammation and injury where the cholesterol, trans-fat lipid and lipoprotein stored and widens the vein for which the expansibility of vein is lost. As a result, hypertension, stroke and chances of attack with cardiac diseases are increased to a high extent.

The oil used in fried food is burned and transformed into trans-fat. Trans-fat is the main cause of heart attack and stroke. So, the people who are suffering from heart attack or stroke should avoid fried and oily food. If we have got more appetite, we should not take more food other than actual amount. Because excess food intake can create problems. For the hot environment and long day time our body is dehydrated. Dehydration can cause serious problems. So, it is required to take sufficient water and to keep in mind that soft drinks are not an alternative to water. Soft drinks also create some problems for the health also. Many of us think that from tea, coffee and soda we can achieve sufficient water. Caffeine is there in tea and coffee which is diuretic. The function of diuretic is to expel water from the body. So, it requires restriction from excess tea and coffee which also resists sound sleep. Sufficient and quality sleep is an essential part of good health. Soft drinks have got some role in being overweight because soft drinks are enriched with sugar. 355 ml soft drinks contain about 9 tablespoons of sugar. So, it should be avoided. If anyone wants to be more health conscious, in exchange for soft drinks it is needed

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to reduce the amount of carbohydrates also. Problems are more in affluent society. Body weight increase in childhood is not good at all. Before the age of 55, obese child's death rate is double. At the age of 36-56, the obese lady's death rate is more than the normal. In whole of the world, lakhs of children or young aged male, female is dying as like as older people due to cancer, diabetes, stroke, osteoarthritis and cardiac problems. So, it should be kept in mind that weight should not be increased due to heavy calorie diet. Keeping aloof of natural life, health, mind and soul have got a negative effect. As a result, we are becoming unhealthy. For a healthy

and beautiful life, we should change ourselves. About the environment, medicine and health we should be more conscious. We should know which one is healthy safe food and which one is unhealthy, which medicines are safe and which are bad or unnecessary. Suffice it to say, changing the lifestyle we can lead a healthy-nice life in maximum field without medicine. Living in healthy environment, right and nutritious food intake, regular exercise, avoiding smoking, avoiding salt, fat and trans-fat, avoiding excess amount of calorie rich food and alcohol drinking, having pure drinking water, undistorted sleep and anxiety free mind can present us a healthy life.