

# Healthcare & Hospital Management

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# Nutrition, Fitness and Health Management

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## Effect of fast food and obesity

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**Fighting Obesity:** There is a price that every developing country must pay for modernization. Currently, there are millions of people including the children's and tens that suffering from obesity. The number of diabetics is increasing rapidly every year and now in all countries also the hypertensive cases increasing. Fast food 's in our country are many and some in area where I live with my family, Consumption of fast food ,which have high energy densities and glycemic loads ,and expose customers to excessive portion sizes, may be greatly contributing to and escalating the rates of overweight and obesity in our country. While more research needs to be conducted specifically in regard to effects of fast food consumption among subpopulations such as children and adolescents, sufficient evidence exists for public health recommendations to limit fast food consumption and facilitate healthier menu selection. As the fast food industry continues to increase both domestically and abroad, the scientific findings and corresponding public health implications of the association between fast food consumption and weight are critical. What did I do about food in fast food that I'm heading for? On my land I sow vegetable fruits and also take care of the dairy products that are necessary in the food we prepare. I think all of these elements have achieved the quality and quality of fast food. Olive oil is prepared near my property as well as the flour that is indispensable. Fresh meat and sausage with quality.

## Biography

Elez Calleku is a done his from University Alexander Xhuvani and he is a manager in fast food, in a rural area of its own, famous for the production of fruit, vegetables, wheat, dairy products and by-products. He was born in the town of Korca and is married and lives with his family. It is dedicated to bio products and a bio food for people's health.

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