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DISADVANTAGES OF OVEREATING

Annotation: This article contains some information about deleterious effects of overeating and it also composed of critical consequences of overeating.

Annotatsiya: Ushbu maqola ortiqcha ovqatlanishning zararli jihatlari haqida ba'zi ma'lumotlarni o'zida saqlaydi va ko'p ovqatlanish natijasida yuzaga kelishi mumkin bo'lgan ayanchli oqibatlar haqida ma'lumot beradi.

Key words: overeating, food fast-food, obesity, sugar, cholesterol, home-cooked meal, advertisement

Kalit so'zlar: ortiqcha ovqatlanish, ovqat, yarim tayyor ovqat, semirish, shakar, xolesterin, uyda tayyorlangan taom, reklama.

There is no doubt that overeating more than enough is considered harmful and major cause of emerging many illnesses. According to researches, chronic overeating may promote obesity and insulin resistance, two major risk factors for metabolic syndrome — a cluster of conditions that increases your risk of heart disease, stroke, and diabetes. Taking this into account, government must prohibit certain type of food such as fast food. In fact, year by year semi-finished food or fast food products are becoming more popular among folks. Fast Food Restaurants Experience Massive Surge in Customers in 2021. The demand for fast food is on the rise in the United States. From January 1 to April 30, 2021, fast food restaurants experience 33.06% rise in the number of visits nationwide. This statistic was unveiled by the data scientist sat TOP Data.

The primary reason for this is that those type of food advertisements, taken leading place on TV, radio or even on billboards in streets because advertisers have already realized that announcement of food products is main source of income and they do not care whether their advertisement is beneficial or harmful.

Eating more calories than you burn in daily activities and exercises — on a long-term basis — can lead to obesity. Over time, these extra calories add up and cause more weight gain. But it's not always just about calories in and calories out or having a sedentary lifestyle. While those are, indeed, causes of obesity, there are some of them that you can not take control of. Gaining weight increases your risk of developing diabetes since you carry excess weight, especially around your abdomen. Additionally, your endocrine system which controls diabetes is affected by the extra pounds which in turn affects your pancreas and insulin production and can lead to insulin resistance. Besides, stopping periods while breathing in your sleep, cancer, heart diseases, high blood pressure may be caused by eating more than normally.

Especially, overeating is the biggest diet-related risk factor for type 2 diabetes, according to the American Diabetes Association. Although many people mistakenly believe that eating too much sugar leads to diabetes, the truth is that eating too much of any type of food may raise your risk of diabetes. That's because most of the food you eat is converted to sugar (glucose) in your body. Consuming sugary foods may increase how fast your blood glucose level rises, but overeating any food increases the total amount of sugar you have in your blood.

Between 2015 and 2016, approximately 39.8% Trusted Source of adults in the United States had obesity, according to the Centers for Disease Control and Prevention (CDC). Furthermore, lots of food products are produced with attractive cover like nylon cover, bubble wrap, or beautiful cardboard boxes and also they add more than enough sugar and other artificial ingredients to their products .according to resarchers report after becoming popular food advertisement average level of cholesterine in youngsters blood increased. What is more, before food advertisement appeared, almost all people had eaten home-cooked meal. As a result, only adults used to faced with diabetes .

In fact over 20% of the youngsters suffer from higher sugar level in blood. To conclude, it should be mentioned that food advertisement must be

reformed and government need to enforce advertisers not to announce harmful food products. By doing this, it is much easier to prevent overeating among population.

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