



# 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/](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/>










2000 KCAL 

 CALORIES

 PROTEIN

 FAT

 CARBOHYDRATES

 SALT

300 kcl 16g

13g

30g

1,7g

% GDA

15% 

21% 

19% 

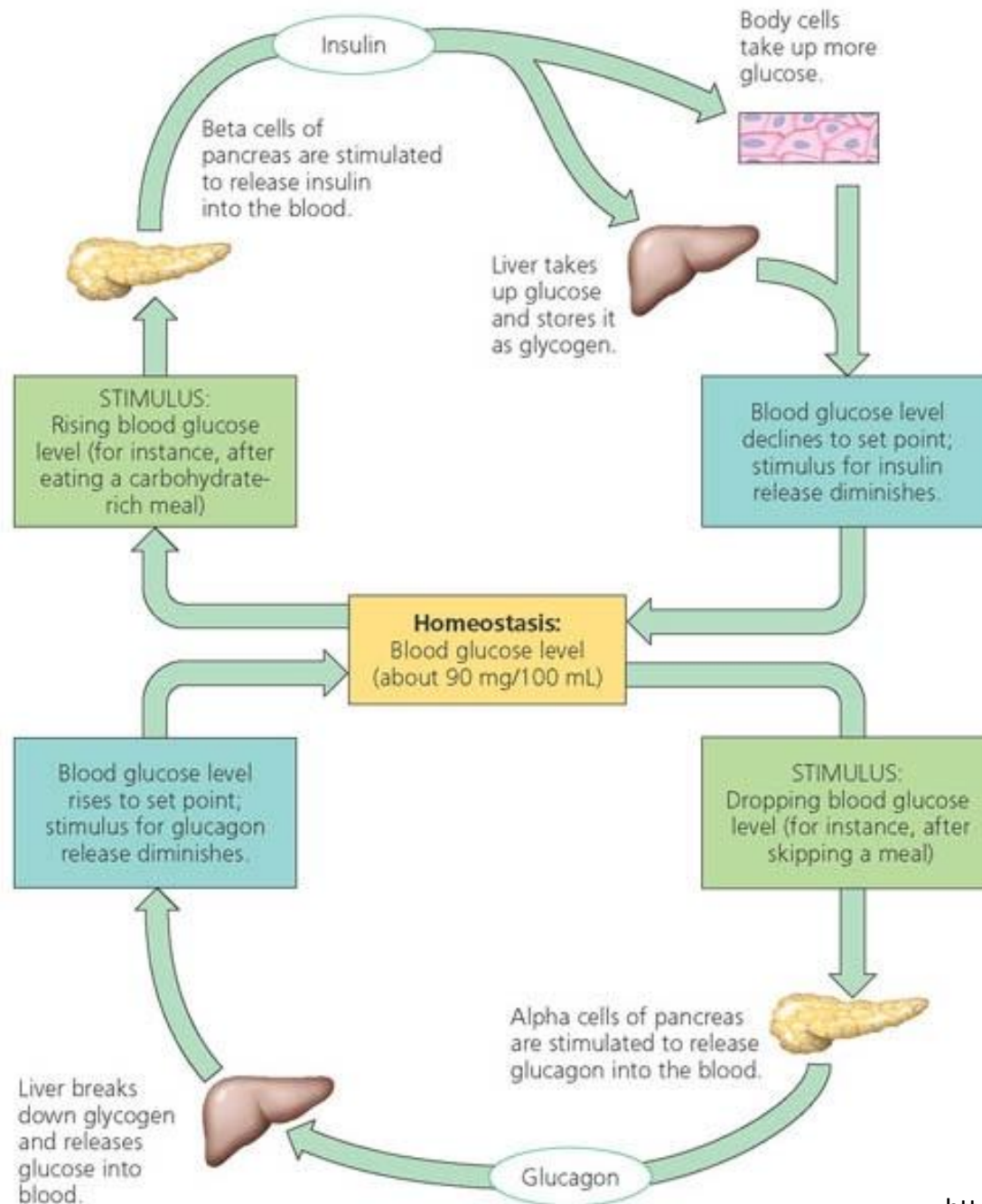
11% 

34% 

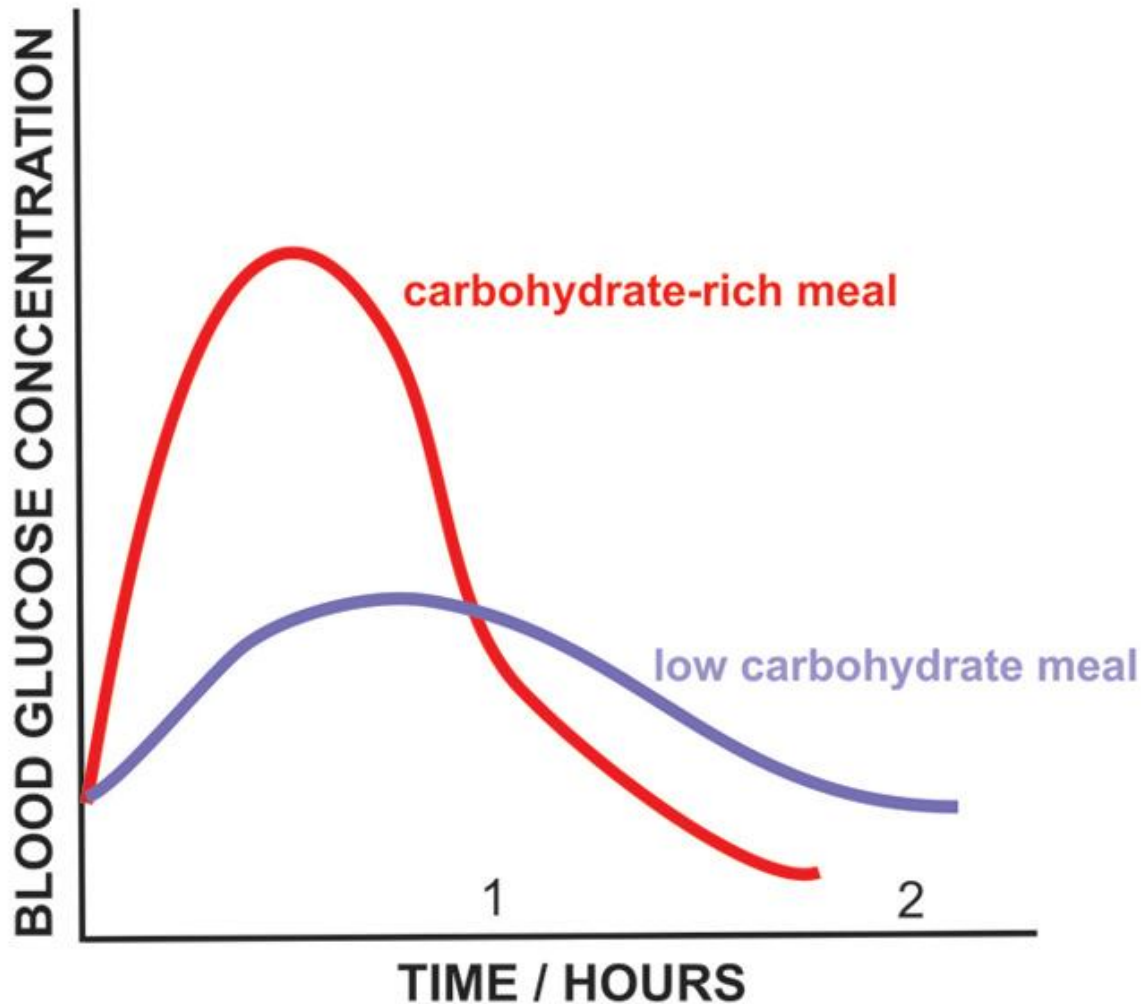
# The negative effects of fast food

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

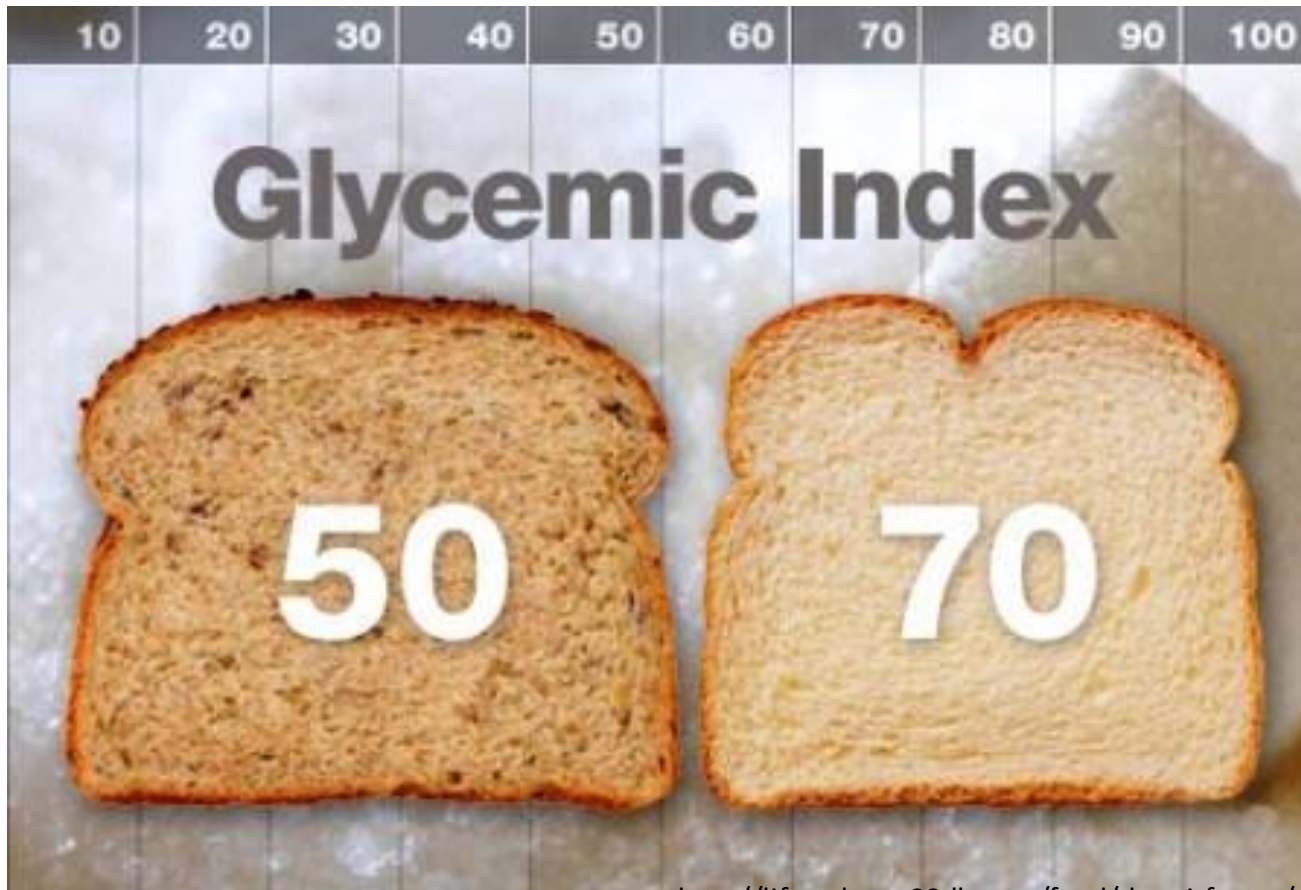




# Blood glucose concentration after carbohydrate-rich and carbohydrate-poor meals.





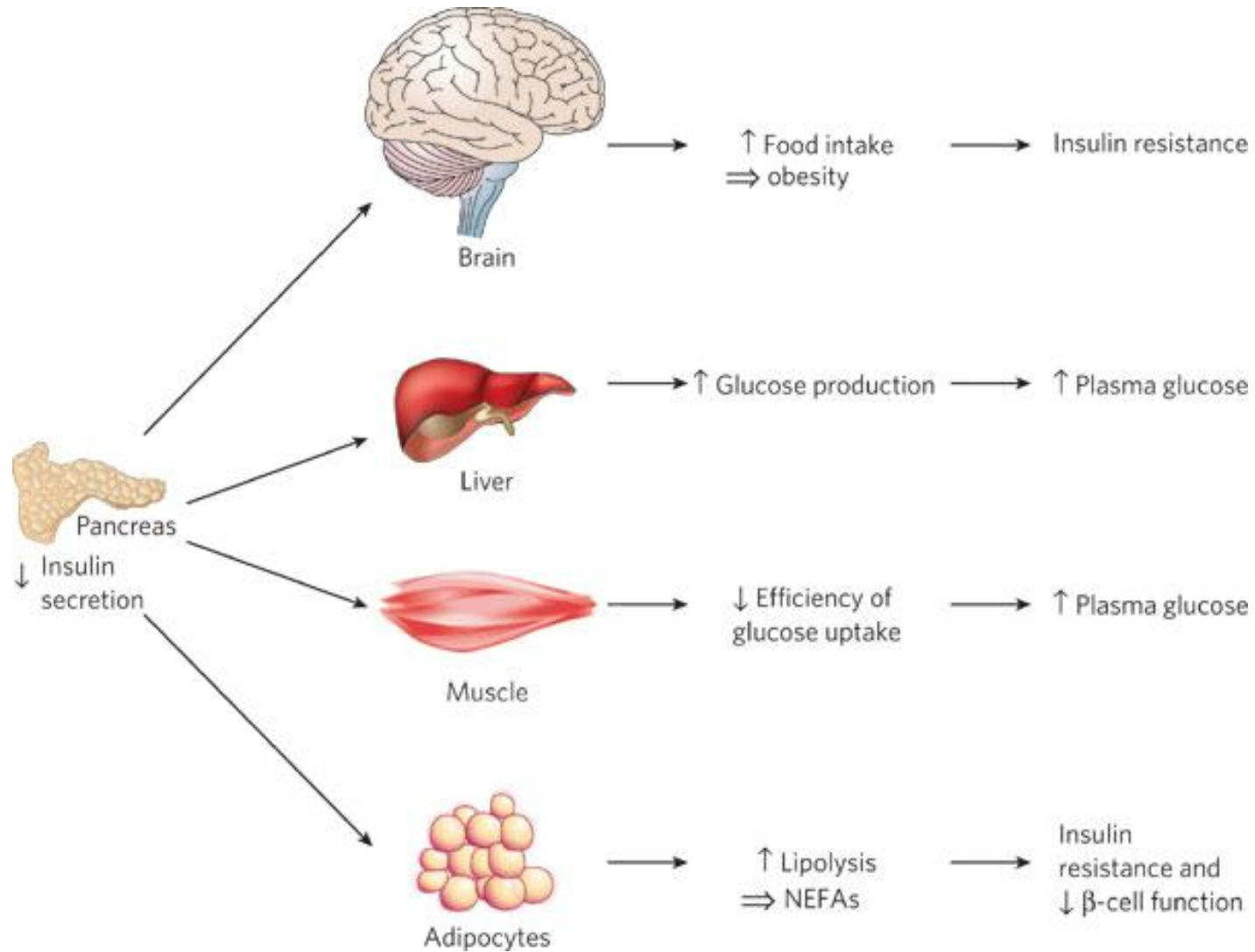


<http://lifestyle.sg.88db.com/food/the-gi-factor/>

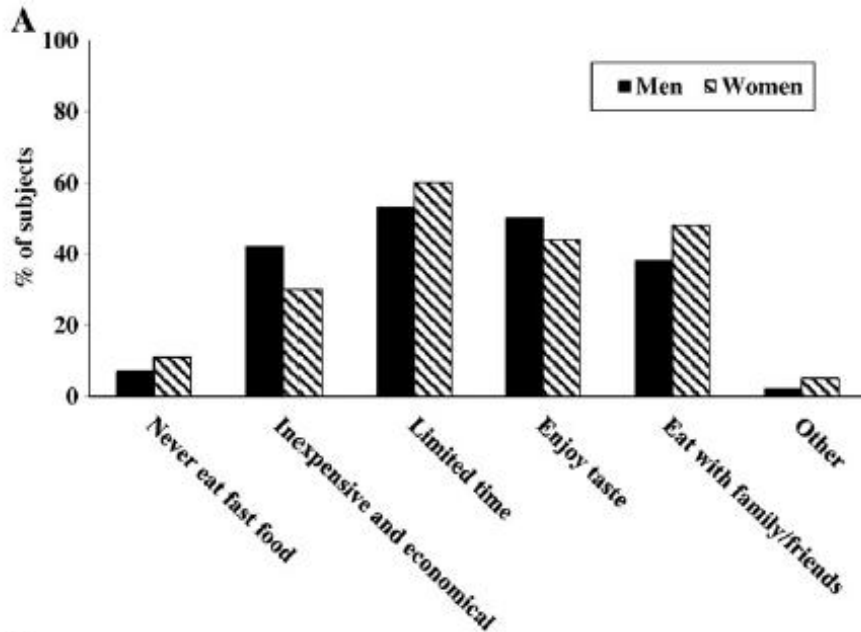
The **glycemic index (GI)** is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating.

<http://www.glycemicindex.com/about.php>

# Model of the critical role of impaired insulin release in linking

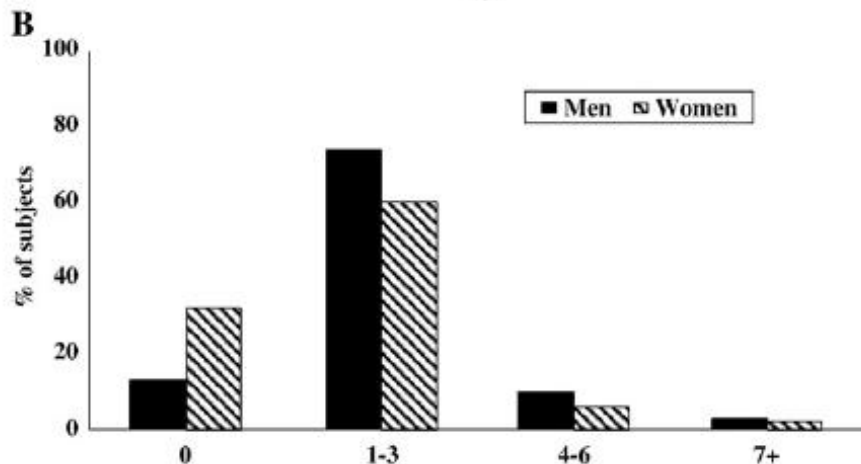


# Observed sex differences in fast-food consumption and nutrition self-assessments and beliefs of college students



(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.

# 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](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

# 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

# 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;...



**Thank you for your  
attention**

