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Causes and Effects of Fast Food Restaurants in the United States

The conception of fast food consumption in the world is not unfamiliar and has rapidly increased over the years with many countries adapting to the idea of fast food consumption as part of the meal plan in our families. America has a higher number and rate in the growth of fast food consumption and fast-food restaurants with the reasons behind the growth being diverse in each family set up (Al-Saad, p.279). The establishment of fast-food restaurants in America has been popularized all over the countries with varieties of fast foods being provided like for instance pizzeria, fries, burgers, sandwiches, and soft drinks. Most of these fast foods being consumed are very high in calories and fat which makes the foods a nutritional threat despite their popularity as they have minimal benefits in terms of nutritional value (Al-Saad, p.279). Some of the major fast-food restaurants include; McDonald's, Burger King, Wendy's, Taco Bell, Starbucks, and Subway. The increased growth and popularity of fast-food restaurants in the present day has its productive and negative impacts on the country.

One of the biggest causes of the growth of the restaurants is that fast foods are readily available and cheap which is something that saves most Americans time and money which serves either their time restrictions or budgetary restrictions. Many Americans have less time to prepare foods especially during working days and thus they incorporate fast foods in their diet because it saves them time while others have financial restrictions that leave them incapable of affording organic meals which are more expensive compared to fast foods giving the fast-food restaurants, the upper hand at being more popular in our streets as the demand for availability and affordability is high (Al-Saad, p.280).

Another cause of fast food chains' popularity is that most American family set-ups have both parents working with most of these families not having the luxury of affording house helps thus leaving the second-best choice of fast food consumption as it’s readily available and within their budgetary limits. This gives fast-food chain owners the advantage of opening more chains to meet the increasing consumer demands. Both parents being at demanding jobs especially for many medium and low-income families leaves them with fast-food restaurants as the better option because their children can access readily prepared food that is also economical to them.

The further growth of fast-food chains has positive impacts on the country which include the provision of low-cost meals to American families and increased job opportunities which boosts the country's economy and market value (Al-Saad, p.280). Increased chain establishments create job opportunities for the American people which include; running and operating the restaurants hence, increasing productivity which consequently boosts the country's economy and the market while simultaneously offering meals to the consumers. The job creation from multiple opening of the restaurants benefits the country majorly in reducing the unemployment rate and providing financial security to many Americans.

Regardless of the pragmatic contributions that the growth of fast food establishments has brought forth, they have equally impacted fatalistic outcomes on the country (Fuhram, NPN). America’s increased consumption of fast foods has led to the emergence of dietary-related complications and lifestyle-related illnesses amongst its citizen with lifestyle diseases having a very high and growing mortality rate. Fast food restaurants are supplying highly processed foods full of chemicals, fats, sugars, and calories that have not only popularized the chains but also lifestyle illnesses that are killing Americans like obesity, diabetes, cancer, and blood pressure (Fuhrman, NPN).

**Conclusion**

The jammed growth of fast-food restaurants in America has come with beneficial traits both to the people and the country's economy but equally importantly it has taken a toll on the health status of many American families especially the young people.

**Works Cited**

Fuhram, Joel. "The Hidden Dangers of Fast and Processed Food." N.p., 3 Apr. 2018. Web. 13 May 2021. <https://dx.doi.org/10.1177%2F1559827618766483>.

Al-Saad, Eman. "Causes and Effects of Fast Foods." International Journal of Scientific & Technology Research. N.p., 4 Apr. 2016. Web. 13 May 2021.