Name

Course

Tutor

Date

Fast Food Nation

**Research question**; Are fast foods responsible for the increase of cancer among the American communities?

**Introduction**

 The debate concerning the eating of meat has been going on for quite some time. While some nutritionists insist that it has a lot of health benefits to human beings, other health experts indicate that red meat has damaging health effects on people. Interestingly, both parties have evidence to support their different positions. In light of the arguments, it is important to explain the matter over the effect on meats on the health of human beings. As a result, this article proves the fact that meat eating is capable of causing cancer and therefore should be reconsidered as part of the American diet.

**The effects of meat eating**

 There are a lot of effects of eating meats on the health of human beings. Before we go into the analysis of how meat eating causes cancer, it is necessary to find out some other effects that are associated with the consumption of meat. In spite of the dangers that are involved, most American citizens, especially of the middle income earners are increasingly using these foodstuffs (Schlosser 47).

 Firstly, meat eating is responsible for the gardening of the body blood vessels. Now, in meat, there is a component known as carnitine which is in charge of the hardening of the walls of the blood vessels such as arteries and veins, a situation that is biologically referred to as atherosclerosis (McAfee & Alison 12). In severe cases, the condition is capable of causing heart attack and death. Besides, researchers have indicated that even in cases where attempts have been made to treat meant before being taken to the food stores, there are chances that the chemicals used are capable of attracting bacteria which are equally dangerous and harmful to human health (Muchenje et al 32).

 Economically, meats are more expensive as compared to the vegetables. In the long run, individuals who take meat on a regular basis have a high chance of denting their pockets as opposed to the vegans who spend less money.

**How eating red meat causes cancer**

 Researchers indicate that red meat has a substance that gives it the red color. The material is called haem. The substance has the potential of causing the formation of a carcinogenic compound known as Nitroso. Moreover, during cooking at high temperatures, meat produces some compounds that react with the body to cause bowel cancer more so among individuals with predispositions. However, processed meats have become very harmful. They have nitrates and nitrates that have the potentials of causing cancer if they react with the human body (Bastide et al 178). Additionally, processing changes the nature and structure of meat thereby presenting various health complications that lead to cancer.

Instructively, there are people who are biologically predisposed to the development of cancerous cells. The group stands a high risk of getting the complication should they be regular consumers of meat.

**How to eliminate meat from the diets**

 Having realized the potential risks that are involved, it is important to find another avenue to the nutrients that are provided by meats. It is important to state that there is n o shortage of foods that people can use to replace the presence of red meat on the tables. Firstly, before deciding to abandon the consumption entirely or someone is unwilling to do away with meats in the diets, it is important to reduce the intake of meats in the human body. The recommendation is that an individual should consume a maximum of five hundred grams of cooked meat in a week (Schosler et al 41). Various statistics indicate that the amount does not have the potential of causing cancer to human beings. Secondly, if people have to eat the meats, then it is necessary to ensure that they are boiled properly. Eating raw meat or half cooked meat is as more dangerous that properly prepared meat.

 However, real help is in the removal of meat from tables and replacing them with vegetables. Many food items can be used to replace meat from the menu. There are plenty of vegetables that can be used to replace meats.

**Conclusion**

 From the discussion, it is evident that meats have the potentials of causing cancer to human beings and reducing the quality of life among people. While some individuals may resort to processed meat, it is apparent that it is not safe too and should be discouraged. As a recommendation, people should replace the food or reduce it to the recommended levels.

Work Cited

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