

## **Five Reasons to Avoid Fried Food**

*Containing a large amount of fat, fried food affects our physical and mental health in a number of different ways.*

Even though fried foods such as french fries and donuts have never had a reputation for being healthy, numerous studies have revealed the true extent of how they can damage our health.

The dangers of fried food go well beyond just obesity and diabetes.

### **Five reasons we should limit intake of fried food**

#### **Cardiovascular disease**

A diet involving fried food clearly does not promote good cardiovascular health.

[Research](#) from the Shenzhen University Health Centre shows the highest category of weekly fried food consumption is linked with a 28 per cent heightened risk of major cardiovascular events and a 37 per cent heightened risk of heart failure.

Registered nurse Madeline Calfas says the failure to eat fried food with moderation is a reason for these physical problems.

“No one is saying to eat like a saint, but have junk food as an occasional treat, and not as a dietary staple,” Madeline says.

“By doing this, you will allow your body ample time to process the food instead of an unstoppable onslaught of toxic and damaging ingredients.”

#### **Cancer**

Fried food contains a chemical called [acrylamide](#), which is potentially carcinogenic to humans.

[One study](#) found people who eat fried food more than twice a week are more likely to be diagnosed with gastric cancer.

According to [another study](#), more consumption of fried food is linked with a 35 per cent increase in a prostate cancer diagnosis.

#### **Anxiety and depression**

[Research](#) shows frequent consumption of fried food causes a 12 per cent higher risk of anxiety and a 7 per cent higher risk of depression.

Gabrielle Newman, Nutritionist and Recipe Developer for The Fast 800, says fried food contains ingredients which harm our emotional wellbeing.

“Many fried foods are high in unhealthy trans fats, refined carbohydrates, and sodium, which have all been associated with increased risk of depression and anxiety,” she says.

“These ingredients can disrupt the balance of neurotransmitters in the brain, leading to mood changes and other symptoms of mental illness.”

#### **Impact on Cognitive Ability**

High fried food consumption can weaken our focus.

[A study](#) involving more than 18 thousand people found a diet centred around fried food is linked to lower scores in memory and learning ability.

The correlation between fried food and poor cognitive function has been attributed to [inflammation](#), which damages the blood vessels that supply our brains with blood.

**Unhealthy eating:** [Foods and inflammation: What to eat and avoid](#)

## **Lethargy**

Fried food is [low](#) in vitamins, minerals and other nutrients.

Nutrient-rich foods boost your energy levels, but eating fried food removes them from your diet.

“Your body is more affected by inflammation, less able to metabolise and process fats, and less able to produce energy, which makes you fatigued both physically and mentally,” Madeline says.

## **What we should be eating instead**

Gabrielle says the Mediterranean diet should be considered an attractive option for people who have been suffering from the effects of fried food.

“It’s a healthy and sustainable way of eating that is rich in whole foods such as vegetables, proteins, legumes, nuts, and seeds,” she says.

“The diet has shown to have numerous health benefits including: improving cardiovascular health, improving brain function and reducing the risk of chronic diseases such as type 2 diabetes and metabolic syndrome.”

**Healthy change:** [What a week on the Mediterranean diet actually looks like](#)

*Written by Rafael Gerster*