

THE LINK BETWEEN THE CONSUMPTION OF FAST FOODS AND THEIR CARDIOVASCULAR RISKS IN UNIVERISTY STUDENTS

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Abstract

Background: Fast-food consumption is increasing around the world as fast foods are high in fat, salt and sugar and it has nutritional implications on health. This study was conducted to determine the link between the consumption of fast-foods and their cardiovascular risks in university students.

Design: A cross sectional study was conducted among 150 university students to analyze their dietary intake, food preference and anthropometric measurements.

Results: 94.7 % of the sample consumed fast foods, in which 27.3 % of fat was above 35% of fat from energy. Females significantly reported $p < 0.001$ lower BMI than males and BMI were inversely related to fat and drink intake.

Conclusion The study revealed there is a link between fast food between fast food consumption and cardiovascular disease.