

FAST FOOD, SPEEDY AND OUR CHILDREN

Most of us old schoolers still remember Speedy from Looney tunes who always dodged and outran the hungry coyote. Imagine that the same Speedy is in the 21st century and is a regular visitor of fast food chains; munching on fries, burgers, pizzas and gulping down fizzy drinks. One night, after having a load full of cheese loaded fries, Speedy goes on a stroll. Suddenly, Speedy realizes that it is being followed by the hungry coyote that has been avoiding fast food (for quite an apparent reason). Speedy makes a dash for life but it has gone sluggish due to all the fast food it has been consuming and thus, easily becomes a prey of coyote. Fast food, in the end, was like the horns of the stag.

Fast food is not the only thing that is to be blamed. An occasional fast food meal is never a bad choice but what makes fast food bad is the unusual and excessive intake and this problem is prevailing in our young ones. Our children are craving for fast food and we often kneel; hoping that it is better that they are eating something than eating nothing at all. What we don't see is the impact of eating fast food in the long run. While the energy-dense fast food may energize our young ones; they do this at the expense of prolonging obesity and makes them prone to other complexities. But nothing is too late. We can stop all this. The need of the hour is proper supervision and nutritional counseling of our 'Speedies' so that they can outrun all coyotes in life.