



## The Impact of High-Fat and Low-Fiber Meals on Human Health

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### Description

High-fat and low-fiber meals are a common part of the modern diet. However, research suggests that consuming these types of meals regularly may have negative effects on human health. In this article, we will explore the impact of high-fat and low-fiber meals on human health. High-fat meals are those that are high in saturated and trans fats. These types of fats are commonly found in processed foods, fried foods, and fatty meats. Consuming high-fat meals regularly has been linked to several negative health outcomes, including obesity, heart disease, and type 2 diabetes. One of the main reasons high-fat meals are harmful to human health is that they can lead to weight gain. This is because fat is more calorie-dense than protein or carbohydrates. When we consume high-fat meals, we tend to consume more calories than we need, which can lead to weight gain over time. High-fat meals can also negatively impact heart health. Studies have shown that consuming diets high in saturated and trans fats can increase cholesterol levels, particularly LDL cholesterol (the "bad"

cholesterol). High levels of LDL cholesterol can lead to atherosclerosis, a condition in which the arteries become clogged with plaque, increasing the risk of heart attack and stroke.

Finally, high-fat meals can contribute to the development of type 2 diabetes. This is because diets high in saturated and trans fats can lead to insulin resistance, a condition in which the body's cells become resistant to the effects of insulin, a hormone that helps regulate blood sugar levels. Low-fiber meals are those that are low in dietary fiber, which is found in plant-based foods such as fruits, vegetables, whole grains, and legumes. Consuming low-fiber meals regularly has been linked to several negative health outcomes, including constipation, weight gain, and an increased risk of certain cancers. One of the main reasons low-fiber meals are harmful to human health is that they can lead to constipation. Fiber helps promote regular bowel movements by adding bulk to stool and promoting the movement of food through the digestive tract. When we consume low-fiber meals, we may not get enough fiber to keep our digestive system functioning properly, leading to constipation. Low-fiber meals can also contribute to weight gain. This is because fiber helps us feel full, so when we consume low-fiber meals, we may not feel as satisfied as we would if we consumed high-fiber meals. As a result, we may consume more calories than we need, leading to weight gain over time.

Finally, low-fiber meals can increase the risk of certain cancers, particularly colorectal cancer. This is because fiber helps promote regular bowel movements, which can help remove potentially harmful substances from the body. When we consume low-fiber meals, we may not get enough fiber to help remove these substances, increasing the risk of cancer.

In conclusion, consuming high-fat and low-fiber meals regularly can have negative effects on human health. To promote optimal health, it is important to consume a balanced diet that includes a variety of nutrient-dense foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. By making healthy food choices, we can improve our health and reduce the risk of chronic diseases.

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