



## ANALYSIS ON THE SIDE EFFECTS

### OF EATING KFC CHICKEN

**“The idea behind fast food is great people want convenience”**

**-KIMBAL MUSK**

KFC does not need an introduction as it is a famous food chain known for its finger licking good Kentucky fried chicken.

Now the question “Is KFC chicken good for health” is in your mind also?

A lot of debates have been conducted on Is KFC chicken good for health or not?”

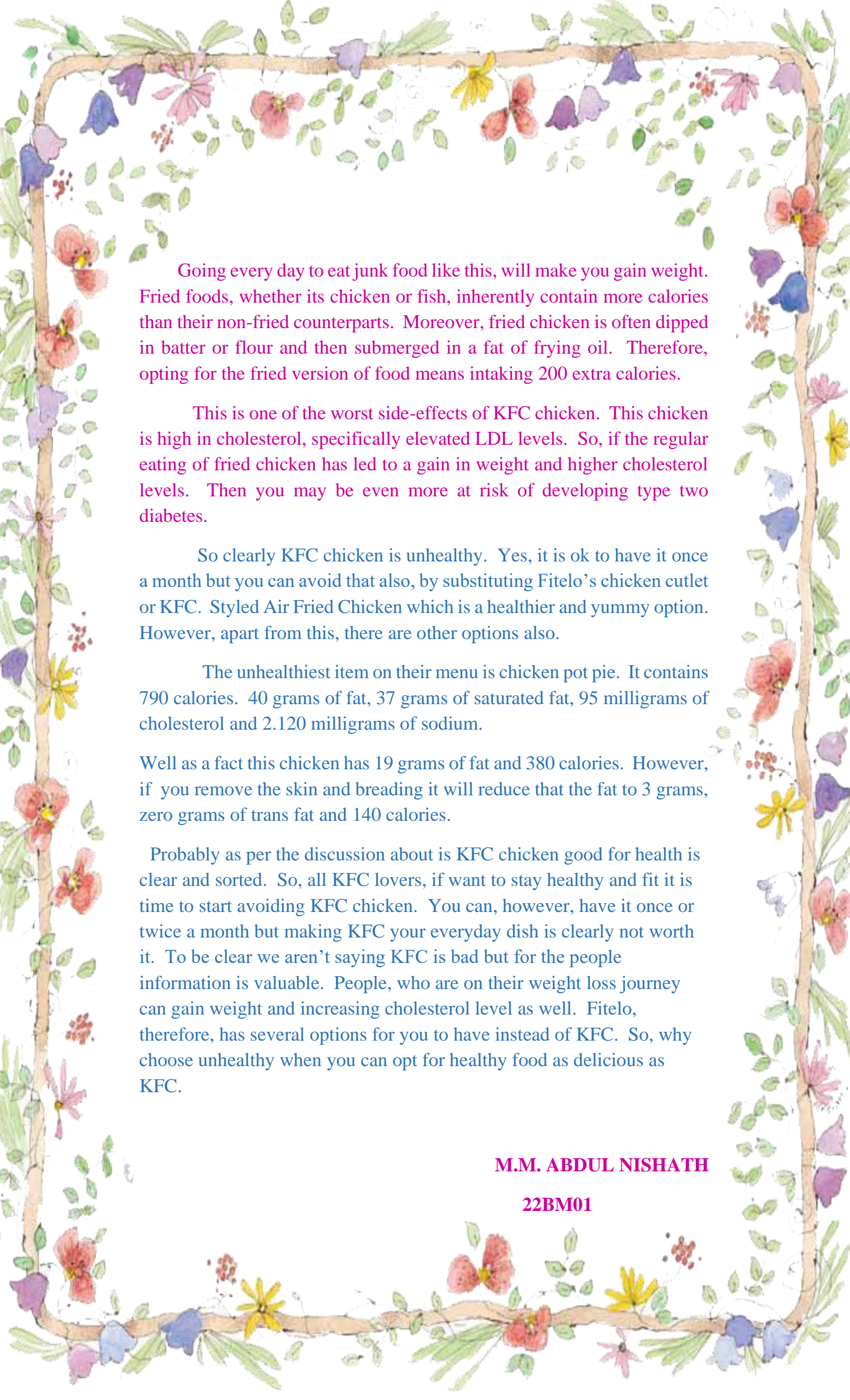
Do you ever think they why dieticians don’t recommend KFC chicken in their diet plans for weight loss? This issue is not the chicken or the particular brand, but other ingredients. So, let’s find out the following reasons that make KFC unhealthy.

KFC breeds the genetic type and form of chickens and is in the business of providing its chicken breed to all its customers. However, the chickens they breed are malnutrition in nature and lived in pathetic conditions. Also, the chickens are not original but hybrid chickens. Moreover, some KFC chickens are inorganic and unnatural as most of them are test tube produced.

The dish of KFC are mostly deep-fried and are made using tons of oil. So, the regular consumption of KFC can make you gain weight. Therefore, continuous consumption of fast food chicken, and meat that to with excess oil can lead to heart and fat-related issues.

In KFC chicken, they use materials and ingredients that contain substances like maltodextrin however, this substance can cause diabetes and increase the levels of blood sugar in our body if consumed regularly. Moreover, KFC uses monosodium glutamate (MSG) in its materials and ingredients. This might further, lead to problems and blood pressure.

If you’re eating KFC almost every-day, your cholesterol levels are likely higher than they should be. However this lead to high LDL (low – density-lipoprotein) a harmful type of cholesterol. LDL further can build up in your arteries causing them to narrow over time and causing a form of heart disease called atherosclerosis.



Going every day to eat junk food like this, will make you gain weight. Fried foods, whether its chicken or fish, inherently contain more calories than their non-fried counterparts. Moreover, fried chicken is often dipped in batter or flour and then submerged in a fat of frying oil. Therefore, opting for the fried version of food means intaking 200 extra calories.

This is one of the worst side-effects of KFC chicken. This chicken is high in cholesterol, specifically elevated LDL levels. So, if the regular eating of fried chicken has led to a gain in weight and higher cholesterol levels. Then you may be even more at risk of developing type two diabetes.

So clearly KFC chicken is unhealthy. Yes, it is ok to have it once a month but you can avoid that also, by substituting Fitelo's chicken cutlet or KFC. Styled Air Fried Chicken which is a healthier and yummy option. However, apart from this, there are other options also.

The unhealthiest item on their menu is chicken pot pie. It contains 790 calories. 40 grams of fat, 37 grams of saturated fat, 95 milligrams of cholesterol and 2.120 milligrams of sodium.

Well as a fact this chicken has 19 grams of fat and 380 calories. However, if you remove the skin and breading it will reduce that the fat to 3 grams, zero grams of trans fat and 140 calories.

Probably as per the discussion about is KFC chicken good for health is clear and sorted. So, all KFC lovers, if want to stay healthy and fit it is time to start avoiding KFC chicken. You can, however, have it once or twice a month but making KFC your everyday dish is clearly not worth it. To be clear we aren't saying KFC is bad but for the people information is valuable. People, who are on their weight loss journey can gain weight and increasing cholesterol level as well. Fitelo, therefore, has several options for you to have instead of KFC. So, why choose unhealthy when you can opt for healthy food as delicious as KFC.

**M.M. ABDUL NISHATH**

**22BM01**