WHAT ARE THE SIDE EFFECTS OF EATING KFC CHICKEN?

1.Can chicken cause any side effects:-

Chicken is probably the most popular pick among non-veg lovers. From starters and appetisers to the main course,there are a plethora of recipes that you can try with chicken. Chicken is usually a healthy poultry item that is power-packed with protein and offers a number of nutrients to your body. But can daily consumption of chicken cause any side effects? If you too consume chicken daily. Read on till the end.

2.Can increased cholesterol:-

Consuming chicken in the right manner might not contribute to a spike in your cholesterol levels. It all depends on how you consume it. If you are a regular consumer of deep-fried chicken,then there is no doubt in the fact that your cholesterol level will spike. In fact,a study published in the American Journal of Clinical Nutrition found that white meat chicken increased the levels of bad cholesterol in the same way that red meat does. To keep your cholesterol levels under check,it is best to consume grilled boiled,poached,baked or stir-fried chicken.

3.High heat food:-

Chicken is considered to be a high heat food. It can increase your body's overall temperature, in simpler terms,it can cause 'heat' in the body. Due to this,some people might experience a runny nose,especially during summers. Situations like this might occur due to daily consumption of chicken. If you experience a bloody nose after regularly eating chicken,it is best to eat it after a gap of a few days.

4.Weight gain:-

Another side effect of eating chicken regularly could be weight gain. A number of food items like chicken biryani,butter chicken,fried chicken and many more are high-calorie food items and are quite heavy. It is perfectly fine to have them once in a while,but regular consumption will definitely lead to weight gain and might also cause a cholesterol spike.

5.Linked a Urinary Tract Infection(UTI):-

Certain varieties of chicken can also be linked to urinary tract infections or UTI. According to a study published in the American Society for Microbiology's journal MBIO,chicken with a particular strain of E.coli can cause a range of infections,including UTI. "The terms found E.coli in nearly 80% of the 2,452 meat samples and in 72% of the positive urine and blood cultures from patients who consumed the meat"

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