

# **SURVEY**

-We Conducted a Survey With people of different standard of living , generations and level of thinking.

-We asked them 4 Questions about their consumption of packaged food and the harmful effects of preservatives in it.

-From this survey , We got to know about what people feel about eating packaged food.

- While doing this survey we also shared the long term and short term effects of preservatives with them

## **The Questions We asked were as follows:-**

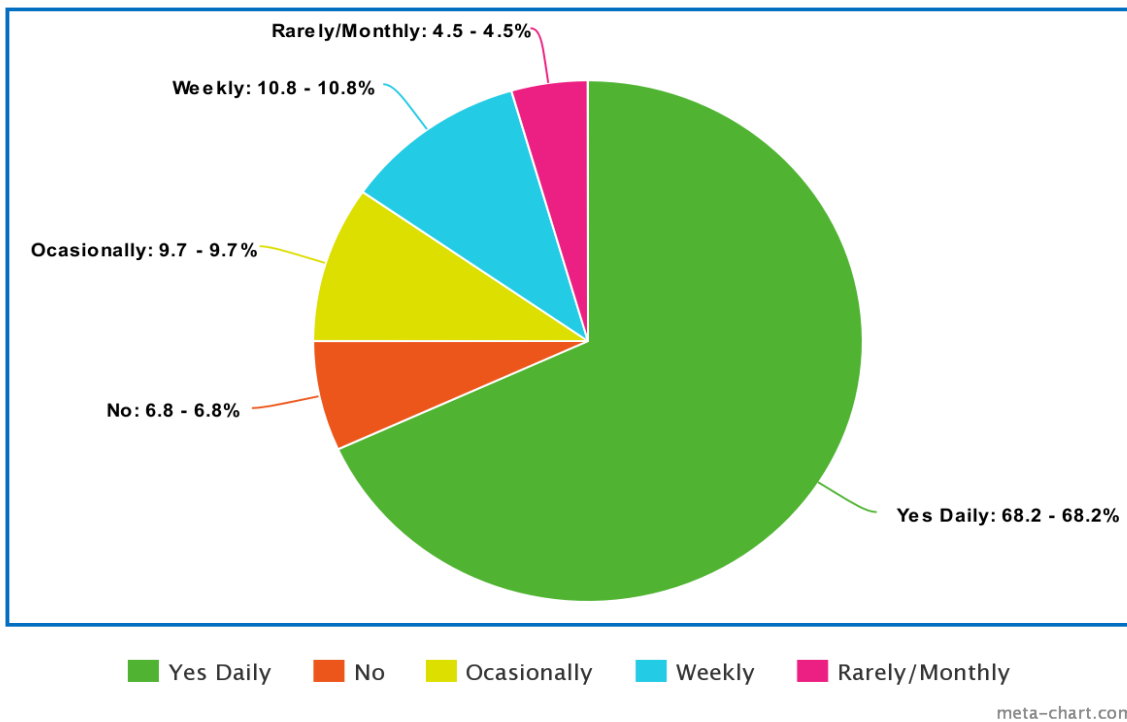
Q1) Do you Eat packaged food items including items that are preserved for a long time?If yes , Then how often do you eat such items

Q2) How and why do u feel the urge to eat such packed food items?

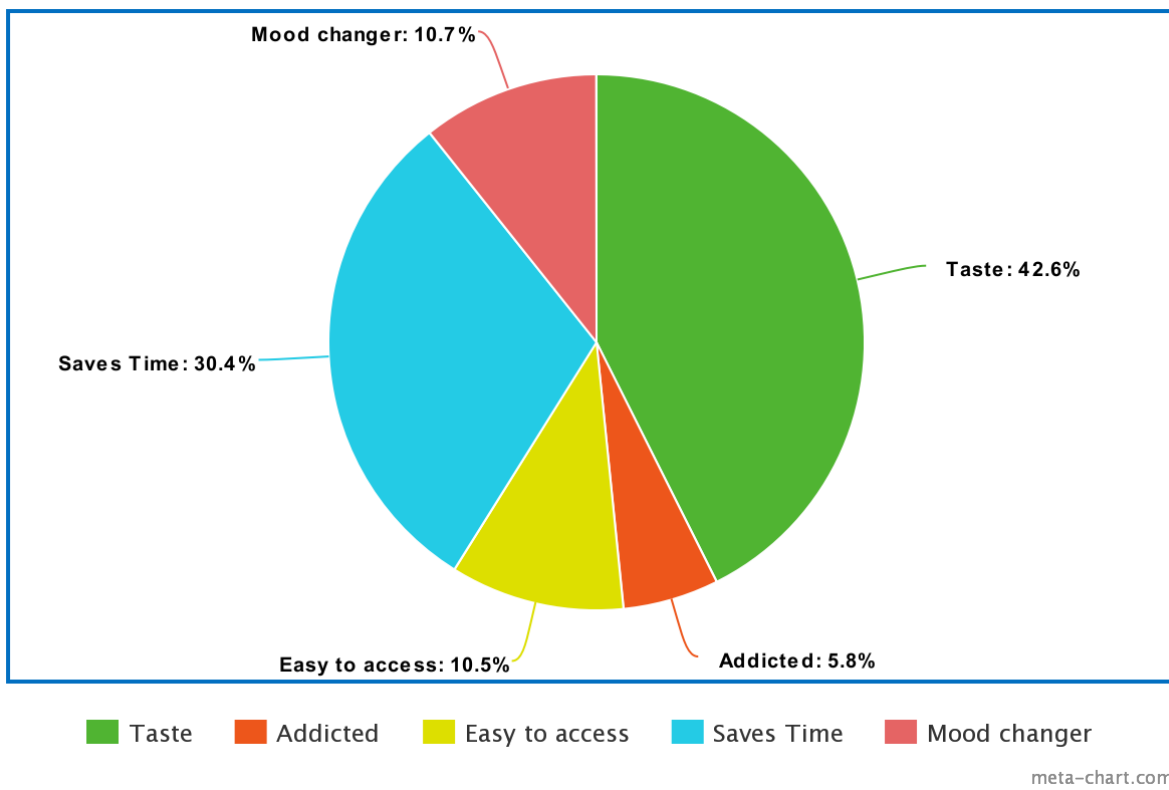
Q3) Do you know the harmful long term and short term effects of Packaged food times?

## **The Answers We Got From Everyone were as follows:-**

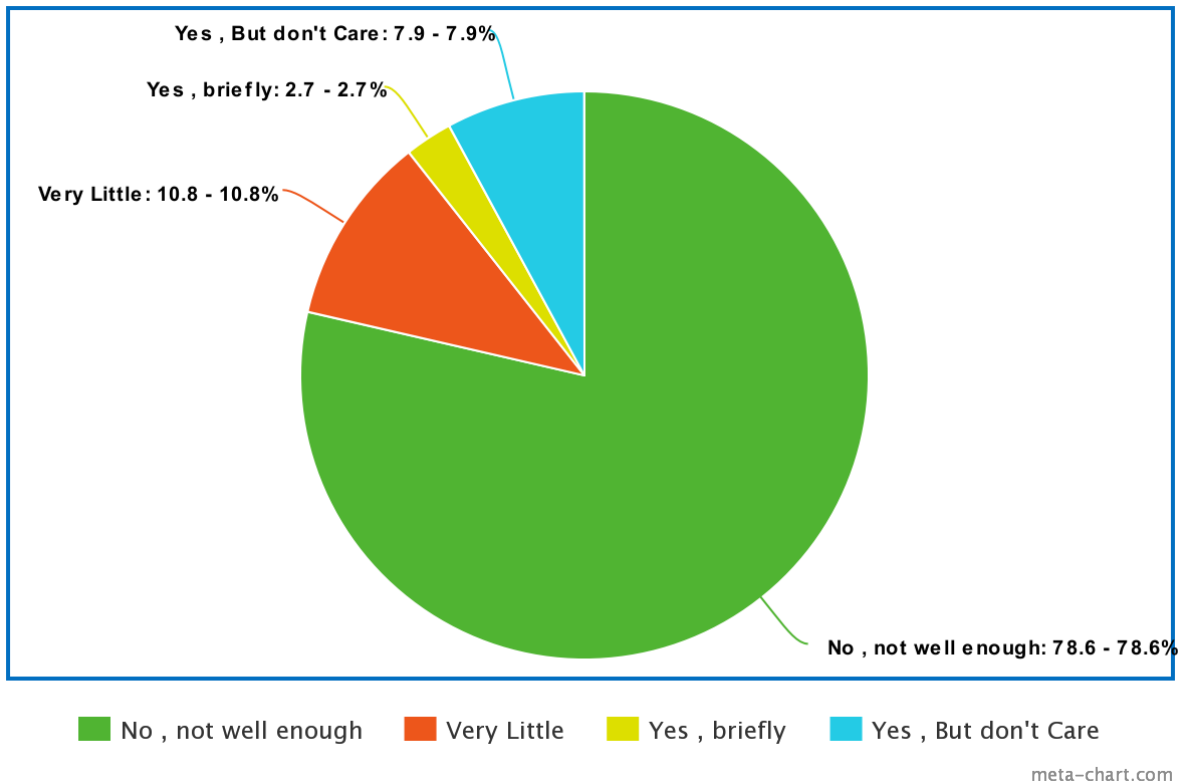
### Q1:



### Q2:



### Q3:



- From this Survey , We can conclude that a large amount of people does not have the technical ‘know how’ or proper knowledge about the harmful Long term and short term effects of preserved and packaged food items. There are also some people who know about the harmful effects of such food items but still continue to eat those. Some people are also there who doesn't eat them at all for better health and longer living .
- We also Gave them a some useful information to them about its effects. Those were as follows:

## **Short-term effects:**

**Digestive Issues:** Preservatives like sulfites and benzoates can irritate the digestive system, leading to symptoms such as stomach cramps, diarrhoea, bloating, or nausea. These effects are particularly noticeable in individuals with sensitivities or allergies to these additives.

**Headaches and Migraines:** Certain preservatives, notably monosodium glutamate (MSG), have been linked to the onset of headaches and migraines in susceptible individuals. These substances are often referred to as "headache triggers" and can lead to discomfort and pain shortly after consumption.

**Hyperactivity:** While the connection is still debated, some studies have suggested a potential link between artificial food additives, including certain preservatives, and increased hyperactivity in children. However, the evidence remains inconclusive, and more research is required to establish a clear relationship.

## **Long-term effects:**

**Health Risks:** Prolonged consumption of foods with high levels of preservatives may contribute to various health risks. For example, excessive sodium intake from preserved foods can lead to high blood pressure and increase the risk of heart disease.

**Weight Gain and Obesity:** Many packed foods with preservatives are calorie-dense and lack satiety, leading to overeating and potential weight gain. Regular consumption of these foods can contribute to obesity, a significant long-term health concern.

**Cancer Risk:** Some synthetic preservatives, like sodium nitrite and butylated hydroxyanisole (BHA), have raised concerns about their potential to be carcinogenic. While the evidence is mixed, long-term exposure to these substances may pose a cancer risk.

**Gut Health:** Preservatives, along with other additives in processed foods, may negatively impact the composition of the gut microbiome, potentially affecting digestion and overall gut health over time.