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COVID-19 and Fast Foods Consumption: a Review

Amir Reza Moravejolahkami

Department of Clinical Nutrition, School of Nutrition & Food Science, Isfahan University of Medical Sciences, Isfahan, Iran

Abstract

While all groups are affected by the COVID-19 pandemic, the aged people as well as those with underlying chronic medical conditions are at the greatest risk. The higher adherence to refined carbohydrate diets, sweets, and saturated fats contribute to the prevalence of obesity and type 2 diabetes; these disorders increase the risk for severe COVID-19 morbidity and mortality. Fast food consumption activates the intrinsic immune system and impairs adaptive immunity, leading to chronic inflammation and impaired host defense against viruses. Furthermore, inflammatory responses caused by COVID-19 may have long-term costs in survived individuals, leading to chronic disorders such as dementia and neurodegenerative disease through neuroinflammatory mechanisms that are related to an unhealthy diet. Therefore, now more than ever, wider access to healthy foods should be a main concern and individuals should be aware of healthy eating habits to reduce COVID-19 complications.

Biography

Amir Reza Moravejolahkami is an Academic Researcher at the School of Nutrition & Food Science, Isfahan University of Medical Sciences and he is a big fan of nutrition interventions in inflammatory diseases.

a.moravej@mail.mui.ac.ir