The Dark Side of Instant Noodles

To college students Ramen is an affordable way to eat a meal quickly on the go or in a dorm room. Every year college students stock up on these tasty flavored noodles to fix their hunger at any time of day. The best thing about Ramen is the student doesn’t have to be a chef to prepare it. All Ramen requires is boiling water, which is very easy for a busy college student.

There may be medical problems associated to eating large quantities of Ramen according to a study published in the *Journal of Nutrition*. The study found that “the consumption of instant noodles two or more times a week was associated with a higher prevalence of metabolic syndrome in women but not in men” (Leung, 2014). Metabolic Syndrome is a term describing many health problems such as high blood pressure, high blood sugar, excess abdominal fat, and abnormal cholesterol levels. These symptoms may lead to diabetes, heart disease, and stroke. The major problem with instant noodles is the Styrofoam containers they are packaged within. The Styrofoam contains bisphenol A (BPA). BPA can interfere with the hormones in the body, especially estrogen in the woman’s body. This is the reason why the instant noodles have a greater effect on women than men. So instead of stocking up on instant noodles, try a healthier alternative like granola bars or peanut butter and jelly.

Source:

Leung, M. (2014, August 19). Ramen Risks: Why instant noodles are bad for your health. Retrieved August 22, 2014.