

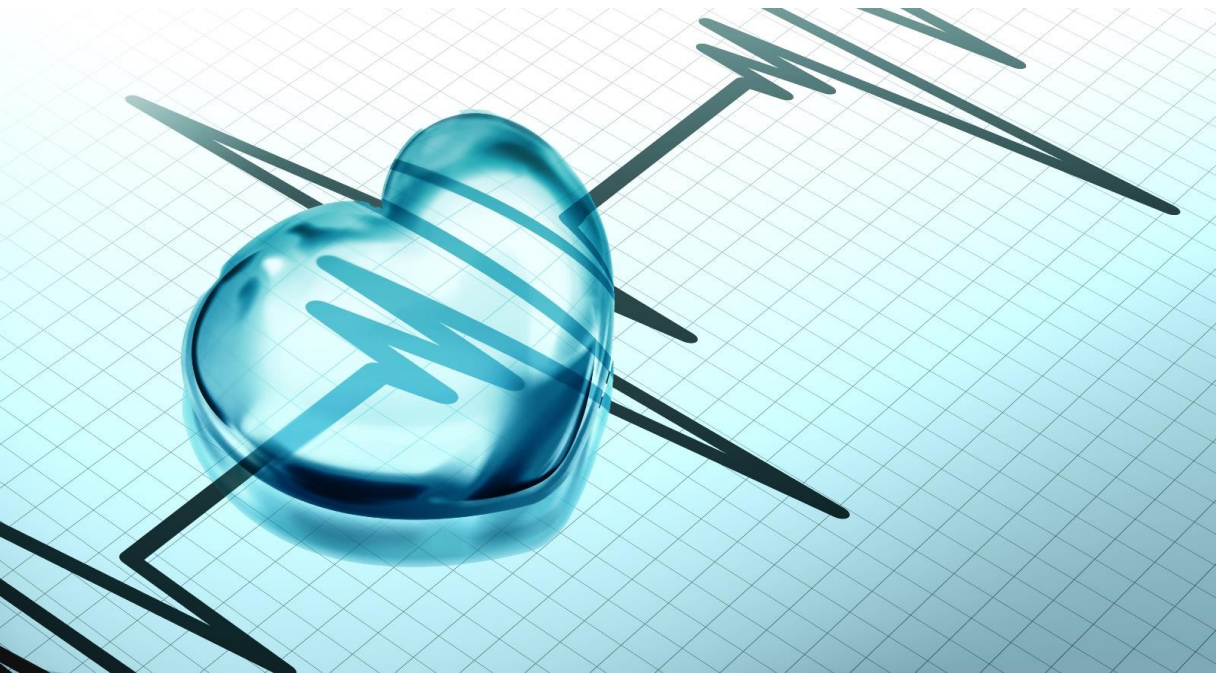
JUNK FOOD



A collage of various junk food items including french fries, potato chips, a burger, a muffin, and candy.

WHAT IS JUNK FOOD?

JUNK FOOD IS QUICK AND EASY TO PREPARE BUT IS NOT GOOD FOR YOUR HEALTH AND IT IS PROCESSED WITH CHEMICAL ADDITIVES. BESIDES, THIS KIND OF FOOD IS LOW IN NUTRITIONAL VALUE, OFTEN HIGHLY PROCESSED OR READY-PREPARED, AND EATEN INSTEAD OF OR IN ADDITION TO WELL-BALANCED MEALS.



CONSEQUENCES OF JUNK FOOD FOR HUMANS

WHEN JUNK FOOD IS CONSUMED VERY OFTEN, THE EXCESS FAT, SIMPLE CARBOHYDRATES, AND PROCESSED SUGAR FOUND IN JUNK FOOD CONTRIBUTES TO AN INCREASED RISK OF OBESITY, CARDIOVASCULAR DISEASE, AND MANY OTHER CHRONIC HEALTH CONDITIONS.

JUNK FOOD IS DANGEROUS

THE MOST COMMON NEGATIVE EFFECTS OF JUNK FOOD FOR HUMAN HEALTH ARE:

- **YOU'LL INCREASE YOUR OBESITY RISK**
- **YOU'LL ALSO STARVE**
- **YOU MAY INCREASE YOUR CANCER RISK**
- **YOU'LL HEIGHTEN YOUR RISK OF HEART DISEASE**
- **MEMORY AND COGNITIVE FUNCTION WILL DECLINE**
- **YOUR SKIN WILL DETERIORATE**

JUNK FOOD

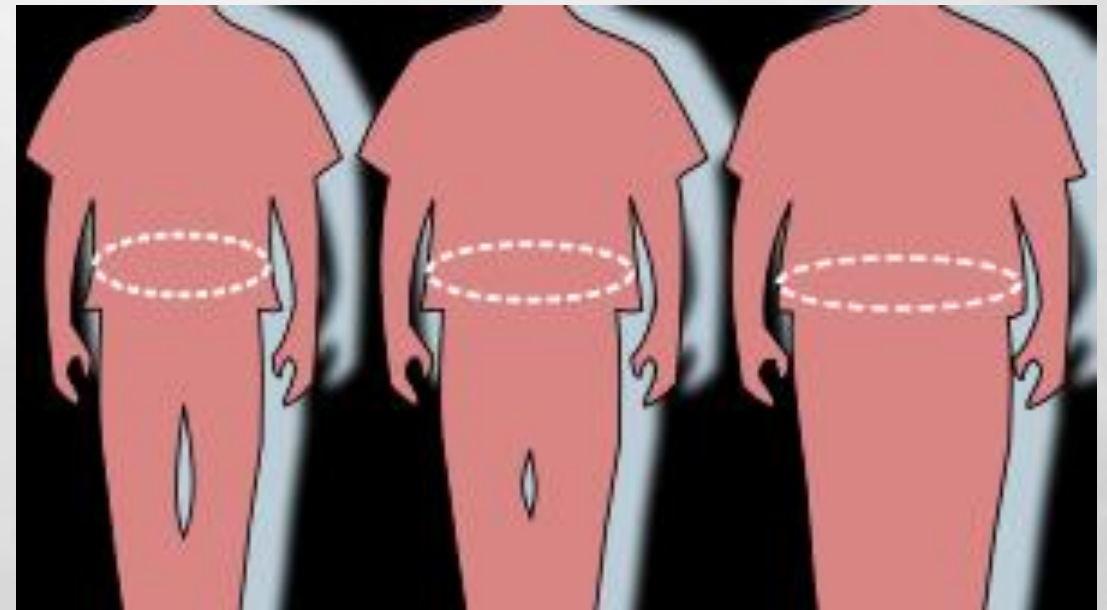
- **YOUR TEETH WILL DECAY**
- **YOUR MENTAL HEALTH COULD DECLINE**
- **YOUR BLOOD SUGAR WILL SPIKE**
- **YOUR CHOLESTEROL COULD SKYROCKET**
- **YOUR BONES COULD WEAKEN**

OBESITY RISK



OBESITY RISK

BEING OBESE MEANS THAT THE BODY RELATIONSHIP IS HEAVIER THAN HEIGHT IN A WAY THAT AFFECTS HEALTH AND THAT CAN LOWER THE QUALITY OF LIFE AND SHORTEN LIFE EXPECTANCY. MANY THINGS CONTRIBUTE TO OBESITY, INCLUDING BEHAVIOR, THE ENVIRONMENT AND GENETICS. EATING MORE THAN WE BURN WITH ACTIVITY IS THE BASIC EQUATION FOR WEIGHT GAIN.



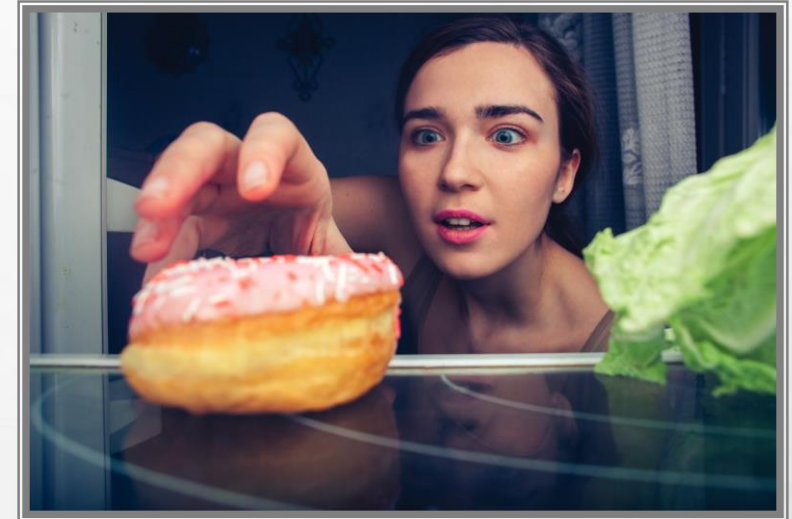


BEGIN TO STARVE



BEGIN TO STARVE

THE HIGH CALORIES IN FAST FOOD ARE ACCOMPANIED BY LOW NUTRITIONAL CONTENT. IF YOU EAT TOO MUCH OF THAT YOUR BODY WILL BEGIN TO LACK THE NECESSARY NUTRIENTS IT NEEDS TO FUNCTION PROPERLY.

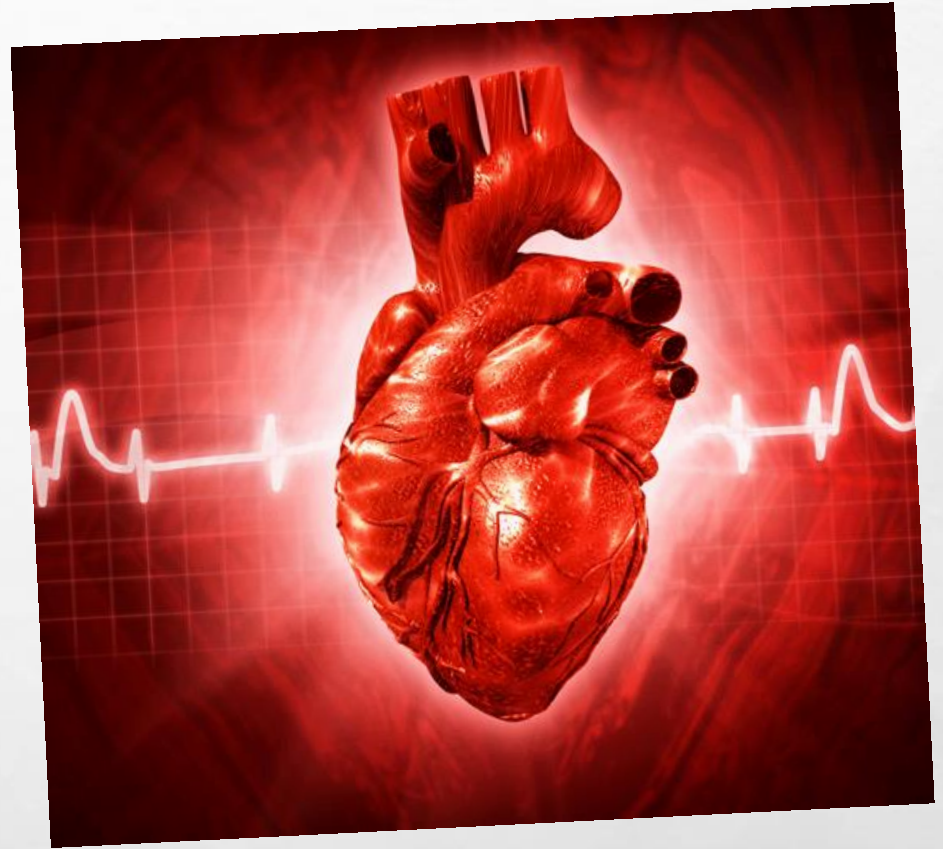


A microscopic view of cells, with a large, textured, red mass in the center, likely representing a tumor. Several smaller, blue, spherical cells are scattered around it. A prominent red banner is overlaid across the middle of the image, containing the text "INCREASE OF CANCER RISK" in white, bold, uppercase letters. A small black star is positioned below the banner.

INCREASE OF CANCER RISK



HEART DISEASE



HEART DISEASES

Heart disease is the leading cause of mortality in developed countries and can affect any part of the cardiovascular system.

The main heart diseases related to junk food are:



Hypertension,



Diabetes



Hypercholesterolemia



Obesity

A glowing blue brain is shown from a top-down perspective, with its intricate folds and sulci clearly visible. A semi-transparent red banner is positioned across the lower half of the brain. The text on the banner is white and bold. A small black star is located on the banner, centered horizontally and positioned below the text.

MEMORY AND COGNITIVE FUNCTION WILL DECLINE



MEMORY AND COGNITIVE FUNCTION WILL DECLINE

IT'S BEEN LONG ESTABLISHED THAT SATURATED FATS CAN NEGATIVELY IMPACT THE HEART, BUT THERE'S ALSO RESEARCH THAT SUGGESTS HIGH SATURATED FAT INTAKE MAY NEGATIVELY IMPACT BRAIN FUNCTION AND MEMORY.

**THE SKIN
STARTS TO
DETERIORATE**





**THE SKIN STARTS
TO DETERIORATE**

**EATING FAST FOOD MAY CAUSE SKIN ISSUES
SUCH AS ACNE.**

**KIDNEYS AND
STOMACH
WILL SUFFER**



KIDNEYS AND STOMACH WILL SUFFER



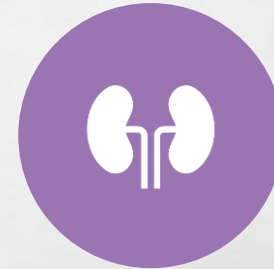
SODIUM CAN CONTRIBUTE TO...



...EXISTING HIGH BLOOD PRESSURE OR AN ENLARGED HEART MUSCLE.



EXCESS SODIUM CAN CONTRIBUTE TO A DANGEROUS BUILDUP OF FLUID...



...AND MAY ALSO INCREASE YOUR RISK OF KIDNEY STONES AND KIDNEY DISEASE.

A close-up photograph of a woman's mouth, smiling and showing her teeth. A red banner is overlaid across the lower half of the image, containing white text. A small black star is positioned below the text on the banner.

TEETH WILL DECAY



TEETH WILL DECAY



Drinking large amounts of soda...



... increases the amount of acid in your mouth, which eventually causes tooth decay...



... and cavities.

M₃ E₁ N₁ T₁ A₁ L₁

 **MENTAL HEALTH COULD DECLINE**

H₄

MENTAL HEALTH COULD DECLINE

THE MAINTENANCE OF PSYCHOLOGICAL WELL-BEING PASSES FROM A HEALTHY DIET, CHARACTERIZED BY A BALANCED DIET AND QUALITATIVELY SELECTED FOODS BASED ON THEIR NUTRITIONAL VALUES. MANY COMPONENTS OF FOOD HAVE THE POWER TO MEDIATE THE FUNCTIONING OF THE NERVOUS SYSTEM AND MORE GENERALLY THE ABILITY TO MAINTAIN OR NOT THE GOOD HEALTH OF MULTIPLE PSYCHO-PHYSICAL DYNAMICS.



140 $\frac{\text{mg}}{\text{dL}}$

BLOOD SUGAR WILL SPIKE



BLOOD SUGAR WILL SPIKE



**EATING HIGH-CARB
JUNK FOOD...**



**...INCREASES YOUR
BLOOD SUGAR.**



CHOLESTEROL COULD SKYROCKET



CHOLESTEROL COULD SKYROCKET



**Many junk
foods served
are...**



**...derived from animal
products so they can
lower your good
cholesterol,**



**further putting
your heart and
your health on the
line.**



BONES COULD WEAKEN



BONES COULD WEAKEN

**A HIGH SODIUM INTAKE CAN CAUSE YOUR BONES
TO WEAKEN, LEADING TO POSSIBLE OSTEOPOROSIS.**





FOOD ALLERGIES AND INTOLERANCES



FOOD INTOLERANCES

FOOD INTOLERANCE MEANS EITHER THE BODY CANNOT PROPERLY DIGEST THE FOOD THAT IS EATEN, OR THAT A PARTICULAR FOOD MIGHT IRRITATE THE DIGESTIVE SYSTEM.



FOOD ALLERGIES

FOOD ALLERGY HAPPENS WHEN THE BODY IMMUNE SYSTEM, WHICH NORMALLY FIGHTS INFECTIONS, SEES THE FOOD AS AN INVADER. THIS LEADS TO AN ALLERGIC REACTION, A RESPONSE FROM THE IMMUNE SYSTEM IN WHICH CHEMICALS, LIKE HISTAMINE, ARE RELEASED IN THE BODY.



FOOD ALLERGIES

EVEN IF PREVIOUS REACTIONS HAVE BEEN MILD, SOMEONE WITH A FOOD ALLERGY IS ALWAYS AT RISK OF THE NEXT REACTION BEING LIFE-THREATENING. EATING A MICROSCOPIC AMOUNT OF THE FOOD, OR SOMETIMES EVEN TOUCHING OR INHALING IT, COULD LEAD TO ANAPHYLAXIS. SO ANYONE WITH A FOOD ALLERGY MUST AVOID THE PROBLEM FOOD ENTIRELY AND ALWAYS CARRY EMERGENCY INJECTABLE EPINEPHRINE. MANY PEOPLE WITH FOOD SENSITIVITIES, ON THE OTHER HAND, CAN INGEST A SMALL AMOUNT OF THE BOTHERSOME FOOD WITHOUT A PROBLEM.

SO...

WHAT TO AVOID



WHAT NOT TO AVOID



**THANKS FOR
WATCHING**

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