

What is junk Food?



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Junk food is a term for food containing high levels of calories from sugar or fat with little proteins and vitamins

JUNK FOOD AND IT'S SIDE EFFECTS

JUNK FOOD CAUSES OBESITY



The extra calories and high levels of sugar, fat and sodium in the fast foods are the primary causes of obesity.

LIVER DAMAGE



The trans-fat contained in fast foods gradually accumulate in the liver and thereby damage it.

Heart Attack



Fast food contains high amount of sodium & Cholesterol. Cholesterol accumulates inside the blood vessels and thereby block the arteries. The high amount of sodium increases the blood pressure. Both of these situations lead to heart attack over time.

Gastrointestinal Problems



Processed junk foods are lack of dietary fibers. Inadequate amounts of dietary fibers in the diet leads to gastrointestinal problems like irritable bowel syndrome, colon cancer, etc.

Food styles survey

diet

