

Junk Food :

Essay on Junk Food for Students and Children

The which contains fewer nutrients which your body needs and a lot of fat, salt, and sugar which your body get easily too much of it. Junk or processed foods are hamburgers, potato chips, pizza, candy, sweet desserts, fried fast food, pastries, cookies, cakes, sugary drinks, etc., Junk foods contain unhealthy fats, sugar, sodium, and carbohydrates. Junk foods are little in nutrition and high in calories.

Junk is tasty to eat but not healthy. Many people like to eat junk food than the food prepared at home especially children and students they ask their parents for junk foods but many parents never discuss the harmful effects associated with junk foods.

Even some parents due to their busy life get rid of cooking food at home and they are also habituated to eating junk food. In today's era, people are indulging in junk foods and keeping their lives in danger by habituating unhealthy lifestyles.

Junk foods like french fries, pizza, fried foods, candy, burgers, baked goods, soft drinks, cookies, ice cream, etc., are high in cholesterol, high calories, high sugar, high in sodium mineral, unhealthy fat, starch, low in healthy nutrients, lack of dietary fibers and lack of protein. Even Processed and Junk food are healthy, they cause unintentional or excessive weight which we can say is obesity as they are high in fat and cholesterol.

The people who are eating Junk foods are more prone to type 2 diabetes than our body becomes not able to regulate blood sugar levels. The risk of getting diabetes type 2 diseases increases day by day as one gains excessive or unhealthy weight and this further leads to the risk of kidney failure.

Consuming junk foods regularly causes deficiencies in nutrients in the body as these foods lack essential nutrients, vitamins, minerals, iron, and fiber. Junk foods are the source of constipation and other diseases like heart attack, strokes, diabetes, clogged arteries,

heart ailments, etc because of being poor nutrition. Junk foods also make you inactive, causes depression, headache, dental distress, high blood pressure, shortness of breath, etc.,

Negative Effects of Junk Foods on Health:

Junk Food makes you inactive and lazy. Fast foods like burgers, fries, and milkshakes are often high in fat. Junk foods often contain high fat. That large portion of fat makes you feel full and lethargic.

Skin will deteriorate: Eating junk foods like hamburgers, potato chips, etc., raises skin issues like acne breakouts. It is the sugar content, white flour, empty carbs, etc., that makes your skin deteriorate.

Depression: Eating fast food and processed food may increase the risk of depression.

Headache: Eating junk food that is high in sodium can cause a headache.

Heart Disease or Stroke: High cholesterol and blood pressure are two of the top risk factors for heart disease and stroke.

High cholesterol: Junk foods are filled with fats. These fats are known to raise LDL (bad) cholesterol levels.

Weight Gain: Do not underestimate the health problems associated with Junk food.

Consuming Junk food cause to gain unintentional weight gain.

Blood Sugar Spike: Fast food is filled with empty carbohydrates which can cause frequent insulin spikes, which may alter your body's natural insulin response.

Insulin Resistance: Junk foods can lead to frequent insulin spikes. This can lead to insulin resistance and type 2 diabetics.

Extra calories: People who tend to eat junk foods will gain an extra 187 to 190 calories per day.

Bloating and Puffiness: If you eat a lot of sodium, your body may retain water leaving you feeling puffy, bloated, and swollen.

Dental Distress: The carbs and sugar in junk foods produce acids that can destroy tooth enamel and cause dental cavities.

Shortness of breath: Consuming more calories presented in Junk foods may lead to obesity and obesity can cause shortness of breath even you do little physical activity.

High Blood Pressure: Fast foods are heavy in sodium which can raise blood pressure or increase existing heart disorders, including congestive heart failure.

Conclusion:

I would like to conclude this Essay on Junk Food for School Students and Children in English that Junk food satisfies you for a minute but healthy food satisfies you forever. Don't think about why healthy food is so expensive. Think why junk food is so cheap. If you put junk food in your body, your body will turn to junk. Fast and processed food is advertised as a quick and easy way to satisfy hunger but it is time to recognize its dramatic harm on all facets of our life. Let's eat healthy food and let's stay healthy.