

# Killing eating habit in america

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More importantly, a person should consider making personal food from clear ingredients other than consuming anonymous junk products.

Most junk food contains an excessive amount of sugar that lacks no nutrients other than a large amount of energy. The above causes the demoralizing effect and increases the rate of metabolic reaction beyond the required amount of calories. Excessive calories thus increase chances for Triglycerides and the indigestible amount of cholesterol that accumulates around the liver and the abdomen, which in turn create avenues to chronic diseases that claim numerous lives for American citizens. Besides, junk foods are often processed from a centralized processing plant that is susceptible to the spreading of germs and bacteria. Health practitioners in the United States argue that the majority of citizens in the United States often fall sick after contracting pathogens associated with junk food outlets such as ground beef, which 15% do not survive. Therefore, it is recommended that that fresh food from gardens, salad restaurants, and positive eating habits is critical to improved performance and a positive, healthy impact in the future (Smith 650).