

Junk food argument essay example

[Health & Medicine](#), [Obesity](#)



Introduction

Most of the people in the globe today are not taking care of their health.

Most of them have become lazy such that preparing a home cooked meal is a problem. They prefer to eat in hotels where most of the food sold there are the fast foods. Most claim they lack time to prepare a meal at home due to time constraints caused by commitment to jobs and studies. Contrary to what is often advertised in the media showing these junk foods a healthy, this paper will disagree by pointing the facts about junk food.

Junk have very little or no nutritional value. They instead contribute many calories. Contrary to believe junk foods do not make someone full but rather they are low in satiation value and this leads to overeating. The overeating of the junks foods leads to people becoming obese because of the accumulation of fats that are unnecessary for the body. The obesity mainly leads to conditions of the heart that can be fatal. The fats even bloke arteries carrying blood to the heart leading to heart attacks. Most of these junks are so appealing to the eyes of most individuals but not so to their health. Junk food manufacturers don't care much about the health of the consumers contrary to what they put in the advertisements. They are bent more on making profits and that's why they make them addictive. When an individual eats them he wants to eat and eat more of the stuff. They are more of pleasure foods than nutritional foods. The people who consume them do not do so because of nutritional values they offer but rather for the need to do so to satisfy the body.

Contrary to popular, believe foods like breakfast cereals given mostly to small children are considered healthy. Most of them may seem innocent

enough to the parents but they contain sugar or high fructose corn syrup that could do more harm than good to the unsuspecting small children. Junk foods replace the more nutritious foods. When an individual drinks a lot of soda, he or she will not be getting a lot of low-fat dairy contrary to what is advertised. When an individual eats a lot of cookies and chips, they are not getting nutritional values as they would if they were eating fruits and vegetables. The need to take these junk foods is based on a desire to have an effect the food brings to the body rather than. Junk foods offer little nutritional value to the body in that they have little or no fibre. The fibre mostly found in foods such as vegetables is used by the body in digestion. The lack of these fibres is what leads to overeating. These foods are also high in fats unlike what the adverts say that they are low in fat. These fats could be detrimental in rendering an individual overweight. Overweight people are rendered unhealthy, as they cannot perform most of the tasks performed by the healthy ones.

Conclusion

The government should impose heavy taxes on junk foods to deter the intake of the foods. It should further put in measures that require companies to make more nutritious food and ban those foods that are over processed to protect the little children. People should eat more the home cooked foods than eating at restaurants.