

Problem and solution

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HEALTH EFFECTS OF JUNK FOODS AND SOLUTIONS TO THE PROBLEMS

Junk foods are normally rich in sodium, sugar and fats and have very less nutritional value. They can cause a wide range of health problems among them being diabetes, heart disease and arthritis.

Solution: a healthy diet should be followed. This involves taking higher amounts of vegetables and fruits, whole grains, fat free or low fat dairy products and protein foods e. g. lean meat, beans and nuts. A lot of sodium, solid fats or sugar should be avoided.

Junk foods lower the energy levels. Most junk foods do not contain essential nutrients needed to keep the body healthy. Due to this, one may feel chronically fatigued after taking junk food and lack energy needed to accomplish daily chores. After taking junk foods, one may feel grumpy and fatigued since they do not contain adequate amounts of proteins and good carbohydrates.

Solution: one can increase the energy level by increasing magnesium intake, physical activity such as walking, taking multivitamins, taking enough water and eating high energy carbohydrates.

Another effect of junk foods is poor performance and obesity. These foods contain very huge amounts of fats. Obesity is caused by accumulation of these fats in the body resulting in abnormal weight gains. A person who consumes junk foods at least twice a week gains an extra 4.5kg of body weight. Johnson, Paul Kenny(2010).

Solution: the most effective way of reducing obesity is regular physical exercises. Exercising leads to burning of excess calories since it speeds up metabolism rate in the body hence aiding in shedding away some of the

weight. Excessive intake of junk food should also be avoided, instead one should increase intake of white meat such as fish instead of red meat.

High levels of sodium and fats contained in junk food can lead to high blood pressure or hypertension. Disproportionate dietary sodium can also have an undesirable effect on renal function and can cause kidney ailment.

Solution: reduction of sodium in one's diet serves as the best solution for controlling high blood pressure.

Consumption of junk food during pregnancy can intensify the risk of poor mental health, anxiety and depression in the young ones. It also causes emotional and behavioral problems such as tantrums and aggression.

Solution: depression can be treated by taking antidepressant tablets.

When junk foods are frequently used, they can cause cancer. This is based on the fact that they lack all the vitamins and proteins that are essential for proper functioning of the body. The immune system is also impaired. As a result, the diseased cells can become cancerous. Furthermore, packed junk foods usually contain preservatives and coloring which have carcinogenic substance. These carcinogenic substances are harmful for the body especially for the cardiovascular system.

Solution: cancer cannot be treated therefore the best solution would be reducing the intake of junk food.

REFERENCE:

Johnson, Paul M; Kenny, Paul J (2010) "Addiction like rewards dysfunction and compulsive eating in obese people".