

Junk food

Food & Diet



Junk Food When you are looking you are looking for something to eat what do you look for? Soda, chips, candy, and so on. Many people who are hungry are just looking for food that tastes good, and don't care if it is healthy or not. Some people may not know this but after you eat junk food it affects your blood sugar, and the energy that you have. Movie theaters sell only unhealthy foods because they want people to buy their foods. When you are watching a movie your brain is focused on the movie when your body is focused on eating the popcorn. You don't notice how much food that you eat at the theater until you are done.

I sometimes do the same, it is easier to get buy food at a fast food restaurant than to make your own food because it is fast and easy but it is fat filled with artificial flavoring. A big mac and fries at McDonalds is 1,160 calories, and if you eat a meal at burger king a meal is 1,800 calories. Of teens in America drink soda daily. " In the study, from the Children's Hospital in Boston, teens age 13-17 were given three types of fast-food meals (all including chicken nuggets, French fries, and cola). In one meal, the teens were served a lot of food at once. In another, a lot of food was served at the same time, but in smaller portions.

And in the third test meal, a lot of food was served, but in smaller portions over 15-minute intervals. " (<http://wvm.webmd.com/diet/features/junk-food-facts>) Over 300,000 people die each year from obesity, which is caused by lack of exercise, and unhealthy eating. Junk food is the major cause of most heart diseases or failures. Junk food causes high cholesterol, which causes long-term damage to your liver. Junk food isn't only sold at fast food restaurants, movie theaters, and grocery stores, it is also sold at school for <https://assignbuster.com/junk-food/>

lunches, they sell pizza, hot dogs, hamburgers, cheeseburgers, deserts and so on.

I know people who eat school lunches everyday! Pretty scary right? Ways for you to decrease your junk food consumption is to not pick the soda, candy, and chips, pick the foods from your vegetable section and eat that, you will feel great. Stop buying the Junk food and start a new life! By Jackistheman! O that tastes good, and don't care if it is healthy or not. Some people may not know this but after you eat Junk food it affects you blood sugar, and the energy that you have.

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