**Thesis Statement:** There are many consequences relating obesity such as social and psychological causes however, the main reasons causing obesity are unhealthy diet, physical inactivity, and genetic issues.

# The most significant reason behind obesity is being on an unhealthy diet.

1. Overeating
2. High energy density
3. Weight gain
4. Having a diet rich of carbohydrates and fat
5. Increase in blood glucose level
6. Insulin promoting fat growth
7. Simple carbohydrates contributing to weight gain (Balentine, 2014)

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