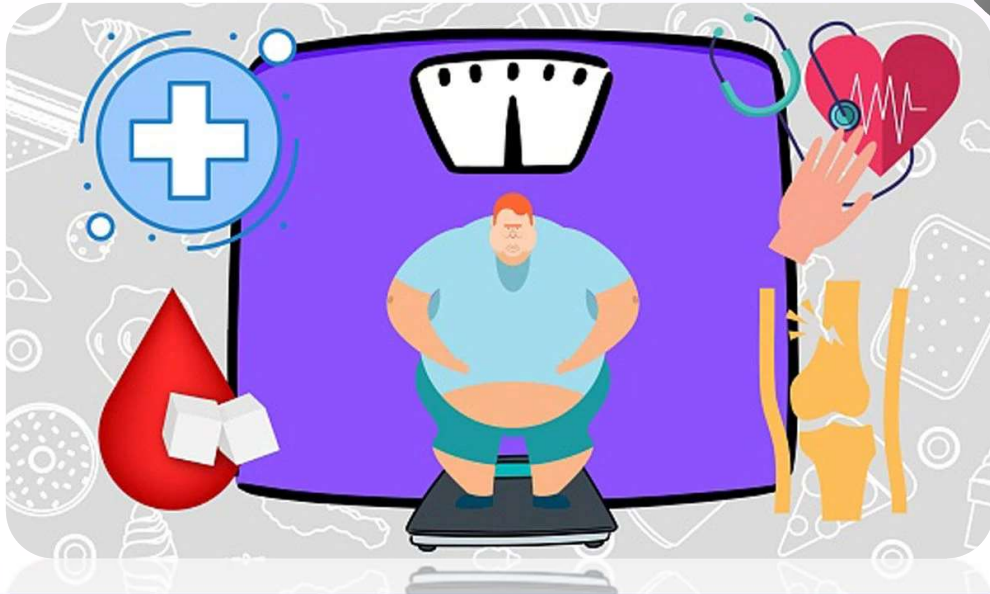
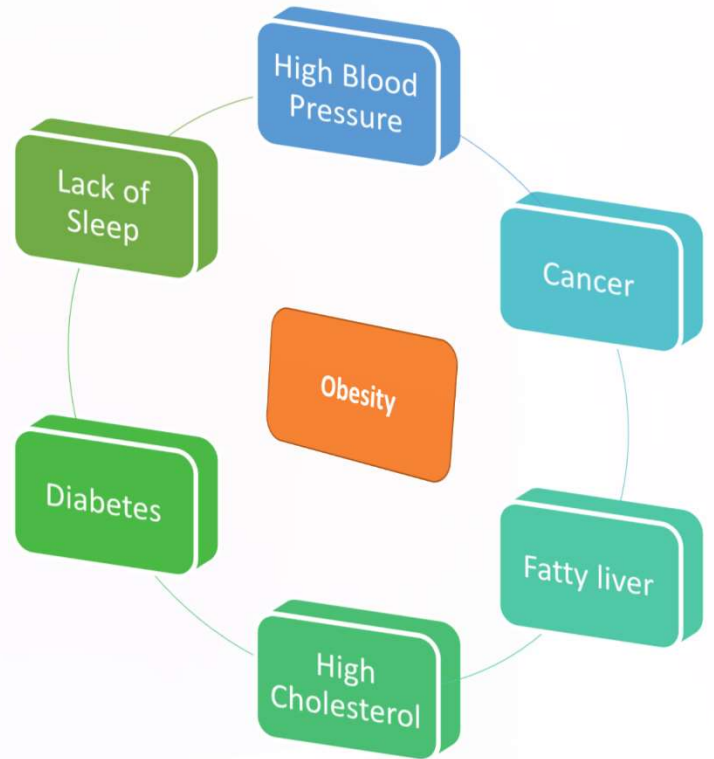




**JUNK FOOD
EATERS, BE
READY!!**





Bad health is bad luck.

Everything else is good luck.

Harry Potter



The Hidden Dangers: Fast Food and Physical Physical inactivity

This PPT explores the serious health consequences of consuming junk food. We will address issues like physical inactivity and unhealthy eating habits. Learn how junk food impacts your Body and Mental health.





Defining Junk Food & Its Appeal

What is Junk Food?

Junk food is typically high in calories. It's also high in unhealthy fats, sugars, and sodium. These foods often lack essential nutrients.

Junk means old or discarded things that are considered useless or of little value.

The Crave Factor

Junk food is designed to be hyper-palatable. This means that it stimulates reward centers in our brains. This leads to cravings and overconsumption.



The Gut Connection: Junk Food & Your Digestion

1

Unhealthy Bacteria

Junk food promotes the growth of unhealthy gut bacteria and also influences brain function .

2

Inflammation

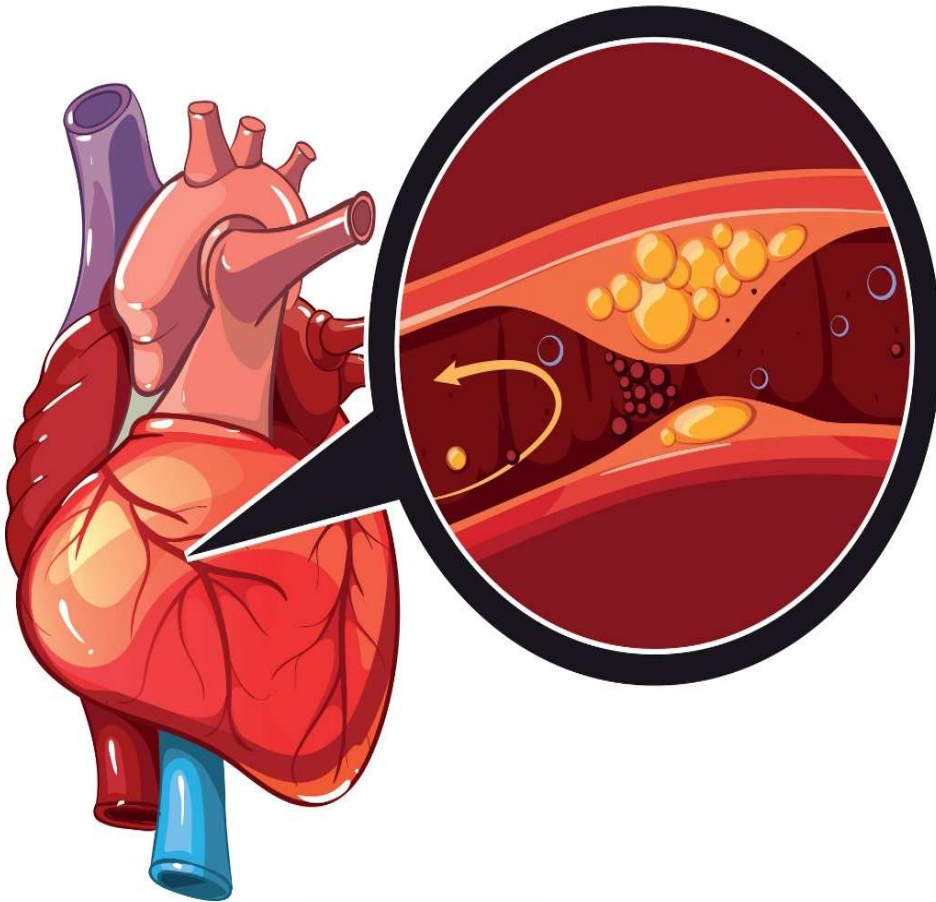
An imbalanced gut microbiome triggers inflammation. This is linked to many health and mental concerns.

3

Weakened Immunity

A compromised gut affects the immune system.





Cardiovascular Problems: A Ticking Time Bomb

Junk food consumption leads to heart issues. Saturated and trans fats increase bad cholesterol. This causes plaque buildup in arteries.

- 1 Increased Cholesterol**
Bad cholesterol builds up in the arteries.
- 2 High Blood Pressure**
Sodium leads to hypertension. This is high blood pressure.
- 3 Silent Heart Attack**
It is one of the most threatening consequence, and as it's name suggest it occurs with a mild pain and can lead to **Death**.

Long-Term Consequences: Consequences: Obesity, Diabetes, & Heart Disease



Obesity

Excess calories from junk food lead to weight gain and obesity. This is a major risk factor for many diseases.



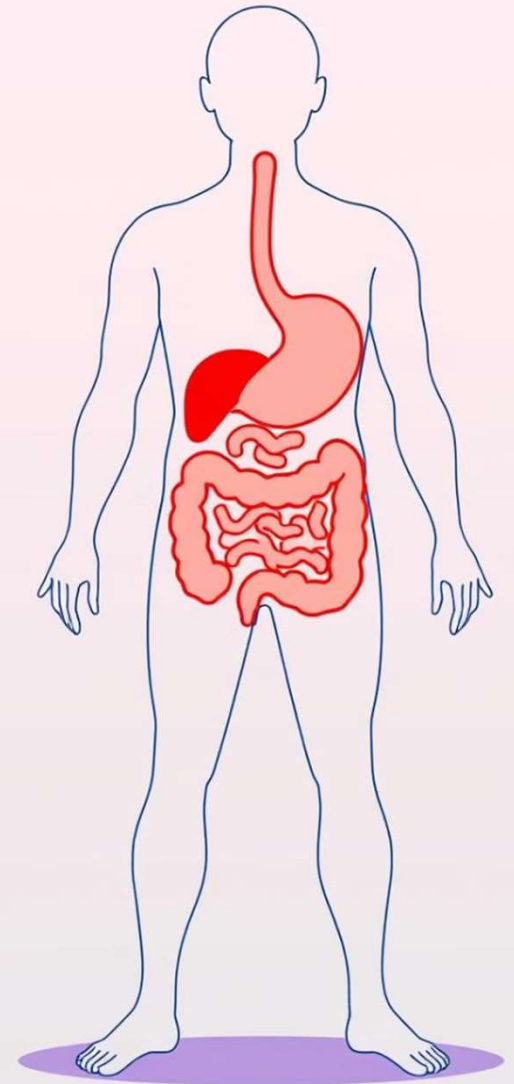
Type 2 Diabetes

High sugar intake increases insulin resistance. This can lead to type 2 diabetes.



Heart Disease

Unhealthy fats raise cholesterol levels. This increases the risk of heart disease and stroke.



Mental Health Risks of Junk Food

1

Cognitive Decline:- Junk food consumption harms cognitive abilities and brain function.

2

Increased Risk of Dementia:- Processed food-rich diets may raise dementia risk later, said by researchers

3

Mood Disorders:- Junk food may raise depression and anxiety risks by affecting brain chemistry and inflammation.



PUTTING JUNK FOOD INTO YOUR BODY IS LIKE DUMPING GARBAGE INTO A TEMPLE





Simple Swaps: Healthy Alternatives & Mindful Eating

1

Choose Whole Foods

Opt for fruits, vegetables, and whole grains.

2

Read Labels

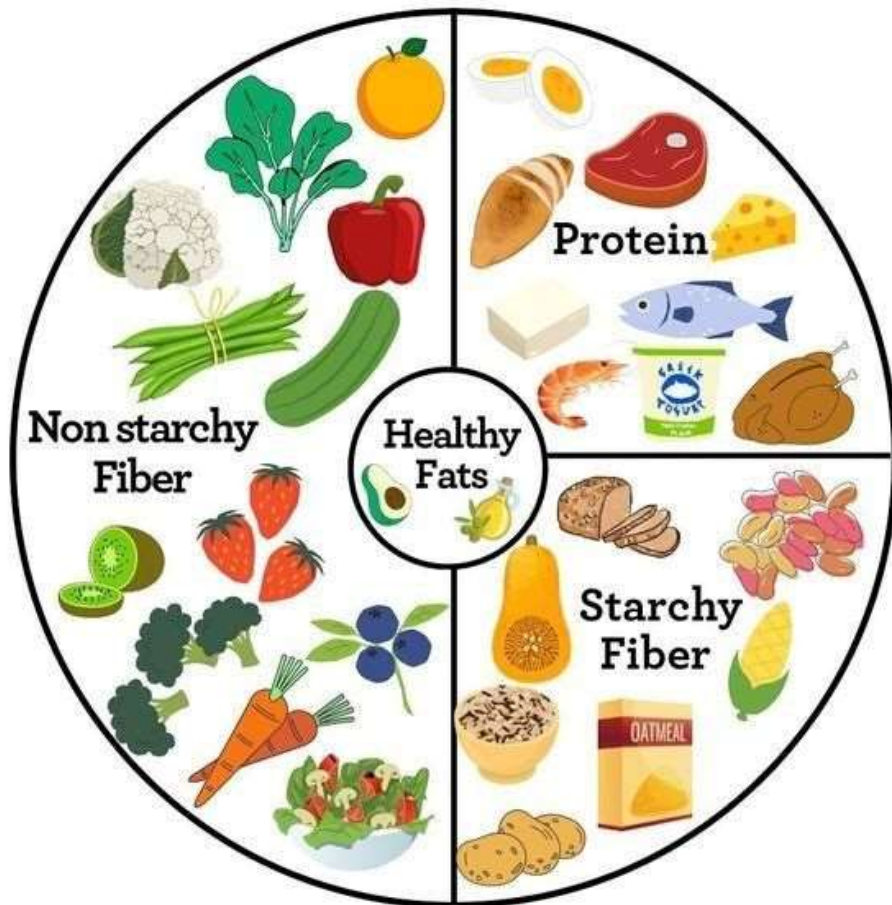
Check sugar, fat, and sodium content before buying.

3

Practice Mindful Eating

Pay attention to hunger cues.

The Well-Balanced Plate



BALANCED DIET,

Benefits of a Well-Balanced Diet to control blood sugar levels



Nutrient Supply:

Ensures a sufficient intake of essential nutrients such as vitamins, minerals, proteins, carbohydrates, and fats.



Energy Levels:

Maintains stable blood sugar levels, providing a steady source of energy throughout the day.



Weight Management:

Supports healthy weight maintenance by providing the body with the right balance of calories.



Digestive Health:

Promotes regular bowel movements and a healthy digestive system.

Supporting Evidence

'Fast food slows down children's brains'

Eating Junk Linked To Poor Scores In School Tests, Says Study On American Kids

London: Parents, please note! Fast food may slow the brain and make children perform worse in school, a new study has warned.

In the study of more than 8,000 participant children who ate the most fast food were found to have poorer scores in tests for maths, reading and spelling.



A team of researchers from the University of California, Los Angeles, led by Dr. David Katz, conducted the study. They found that children who ate fast food more than once a week scored lower on tests of reading, maths, and spelling than those who ate it less often.

Children were asked how many times they had eaten a meal or snack from a fast-food restaurant. The Telegraph reported, "Fifty-two per cent had eaten fast food between one and three times in the previous week and 10% had eaten it four to six times."

Put an authoritative stop to your kids' craving for **junk food**

Ultra-processed foods contain ingredients like sugar, salt, fat and preservatives

For junk: Experts want label on unhealthy food

'FSSAI Definition Of Junk Will Help In Identification'

Syed.Akbar@timesgroup.com

BIZZ BUZZ



Big food brands hide harmful effects: CSE

'Claims Of Zero Trans Fats Untrue'

NEW DELHI: Delhi-based NGO Centre for Science and Environment (CSE) has alleged

FOOD FOR WORRY

CSE report says

Maggi Noodles | Single pack contains 3.5g of salt; daily recommended intake is 6g. Negligible fibres; 70% just carbohydrates

Top Ramen Super Noodles (Masala) | 0.7g trans



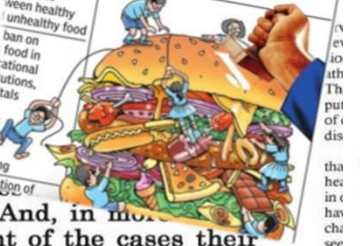
COMPANIES RESPOND

THE BATTLE AGAINST JUNK FOOD

THE RISK FACTOR

► An unhealthy diet in childhood has lasting repercussions throughout life, according to World Health Organisation to avoid weight gain in the short term adults

► Children should consume healthy food and non-communicable diseases as



And, in most of the cases their parents accept their children as addicted to fast-food. In some cases, after performing lipid profile, their total cholesterol and triglycerides are much higher than the normal level

Teen left deaf & blind due to junk food dependency

Eating disorder makes one avoid eatables with certain textures, smells or appearance

DEVOID OF NUTRITION

LONDON: A teenager in the United Kingdom has gone blind and deaf after living off a diet of chips, crisps and sausages for up to a decade in a case believed to be the first of its kind in the country.

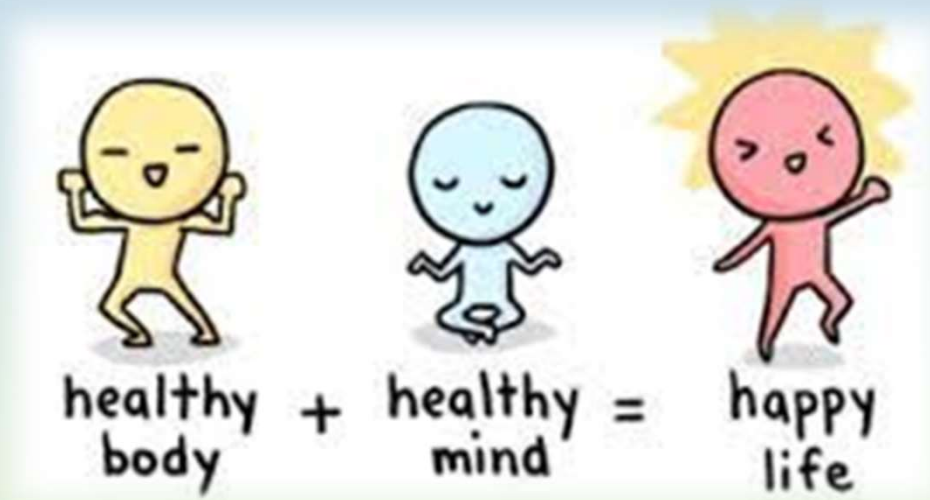
The 17-year-old, who has not been named, ate only chips, Pringles, sausages, processed ham and white bread, making him malnourished, Bristol Live reported.

her son was in primary school, he used to come back home with his packed lunch untouched. "I would make him nice sandwiches and put an apple or other fruit in and he wouldn't eat any of it. His teachers became concerned too," said the woman.

"His brother and sister have never stopped eating. They love everything. But he was just as fit and healthy as them. He has always been skinny so we had no weight concerns. You hear about junk food and obesity all the time... but he was as thin



CHOOSE WISELY!!



Think before you bite—junk food today, health problems tomorrow!