

Time	Narration
00:00	Welcome to the spoken tutorial on junk food.
00:04	In this tutorial we will learn about:
00:07	Contents of junk food
00:09	and harmful effects of junk food on our body.
00:14	Any food can be considered as junk food depending upon three factors.
00:20	First two factors are ingredients
00:23	and the method of cooking.
00:26	The nutrient content of the food is the third important factor.
00:32	Junk food contains a high amount of sugar, salt, refined fat and refined flour.
00:41	Most of the junk food is usually prepared by frying or baking.
00:48	Many artificial colours, flavours and preservatives are added to these food.
00:56	This is done to enhance the taste, appearance and shelf life of the food.
01:03	Junk food are high in calories.
01:07	They have none or little amounts of protein , fiber, vitamins and minerals .
01:15	A few commonly consumed junk food are deep fried salty snacks.
01:22	Majority of the fast food are also junk food .
01:27	For example: pizza, burgers, french fries, noodles, puff pastry, samosa, etc.
01:39	Some beverages are considered as junk food.
01:43	For example: cold drinks, fruit juices and artificially flavoured drinks.
01:51	Even caffeinated drinks, soda and energy drinks are included.
01:57	Sweets, deep fried sweets, jams, jellies, sauces, ketchups are also junk food.
02:07	Biscuit, cake, chocolate, candy, ice cream are other examples.
02:14	Let us now see the effect of junk food on our body.
02:18	Junk food which is high in sugar causes immediate rise in blood sugar levels.
02:24	As a result, the pancreas releases insulin in our blood.
02:30	Insulin is a hormone which acts like a key to open the cells.
02:35	The cells absorb sugar from the blood to provide us energy.
02:42	Excess sugar gets stored as fat in the body.
02:48	Regular eating of high sugar food can cause insulin resistance.
02:54	During insulin resistance, the body is unable to respond to insulin or use it.
03:02	Therefore, sugar is not taken up by our cells from the blood.
03:07	As a result, there is a rise in insulin levels and blood sugar levels.
03:14	The high insulin levels send signals for hunger to the brain.
03:20	The body starts craving more food even if it is not hungry.
03:26	This creates a vicious cycle and causes overeating.
03:32	Let us understand this with an example.
03:35	While eating a biscuit or laddoo, we can't restrict ourselves to one piece.
03:42	We crave to eat it more and more.
03:45	We mostly finish the entire packet of biscuits or many laddoos at a time.
03:52	This is because of the hunger signals which are sent to the brain.
03:57	Sugar also has an effect on blood pressure.

04:02	On eating food high in sugar and salt, our sodium level increases.
04:08	Sugar enhances the sodium absorption in the body by the kidney.
04:14	As a result, sodium gets retained in the body.
04:18	This causes an increase in blood pressure and water retention in the body.
04:25	As a result, puffiness in hands and feet can be seen.
04:30	Let me give you an another example.
04:34	After eating chips we usually feel thirsty.
04:38	This is because sodium levels in our blood increases on eating salty food.
04:45	The brain then sends signals of thirst so that we drink more water.
04:51	Drinking water will dilute the sodium levels in the body.
04:56	But, drinking juice or cold drinks will increase the sugar levels in the body.
05:03	This will result in a rise in the blood pressure.
05:07	Apart from sugar and salt, most junk food have a lot of refined flour.
05:14	Refined wheat flour is most commonly used.
05:18	These refined flours are low in fiber and lack essential nutrients.
05:24	Fiber has a very important role in the body.
05:28	It gets digested slowly
05:31	and gives us a feeling of fullness for a long time.
05:35	Therefore, when we eat junk food low in fiber, it gets quickly digested.
05:42	Our stomach gets empty very quickly and we feel hungry again.
05:47	Another important benefit of fiber is to maintain a healthy gut.
05:53	Our gut comprises of both good and bad bacteria.
05:58	Fiber promotes the growth of good bacteria.
06:02	Thereby, helping in proper digestion and absorption of nutrients.
06:08	Other benefits are strong immunity,
06:11	healthy skin and reduced inflammation.
06:15	Fiber is also necessary for our stools to absorb water.
06:21	This makes the stools soft and bulky.
06:25	Thus, the stools moves easily through the intestine.
06:31	Since junk food is low in fiber, eating it regularly can cause constipation.
06:38	The other disadvantage is that junk food reduces the good bacteria in the gut.
06:45	This increases inflammation
06:47	and the risk of various diseases.
06:50	Some junk food are high in refined fats like trans-fat .
06:56	Cakes, biscuits, baked products, margarines, vanaspati all have trans-fat .
07:05	Trans-fat raises the level of bad cholesterol
07:08	and lowers good cholesterol.
07:11	Cholesterol is a type of fat found in our blood.
07:16	Good cholesterol helps in proper working of the brain, skin and heart.
07:23	But, excess of bad cholesterol is not good for our health.

07:28	Mostly fried junk food is prepared using oils containing omega 6 fatty acid.
07:35	Examples are sunflower oil, safflower oil, soybean oil.
07:41	Even corn oil and cottonseed oil are included.
07:46	The omega 6 in these oils raises the level of bad cholesterol in our body.
07:52	Excess of bad cholesterol gets deposited on the walls of our blood vessels.
07:58	Excess of omega 6 fatty acid also enhances inflammation in the body.
08:06	This results in the development of insulin resistance and heart diseases.
08:12	Excessive consumption of junk food has many harmful effects.
08:17	Obesity, high blood pressure, diabetes are the most common.
08:23	They can also cause a risk of increased bad cholesterol and heart diseases.
08:30	Sleep disturbances or development of cysts in the ovaries can also happen.
08:37	Eating too much junk food can upset the stomach.
08:42	You may experience nausea, vomiting and reduced appetite.
08:48	Other effects of junk food are dental caries, allergies and cancer.
08:54	Junk food lacks the necessary nutrients to keep our body healthy.
08:59	Therefore, eating too much junk food can weaken our immune system.
09:05	Due to which we may often feel tired and weak.
09:09	Usually, we are not aware about the ill effects of junk food on our health.
09:14	Without giving a thought we eat them regularly in large amounts.
09:20	Therefore, we should be careful about choosing our food so that we stay healthy.
09:27	This brings us to the end of the tutorial. Thank you for joining.