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○ Tashkent- 2016



WHAT IS JUNK FOOD?

The term “junk food” is used to describe food that is low in nutritional value, with a comparatively high caloric value.

This term was coined in 1972 by advocates at the Center for Science in the Public Interest who wanted to raise public attention about the issue of foods with a high caloric value and a low nutritional value.

Junk food is a derisive slang term for food that is of little nutritional value and often high in fat, sugar, salt, and calories. It is widely believed that the term was coined by Michael Jacobson, director of the Center for Science in the Public Interest, in 1972

Foods which fall under the umbrella of “junk food” vary, depending on a number of factors. Snack foods like chips, candies, and so forth are generally universally agreed upon as fitting in this category, and some people also lump fast food like hamburgers, pizza, and fries into the group. In some communities, ethnic takeaway food like gyros, Indian curries, tacos, fish and chips, and so on is also considered to be junk food.

Junk foods typically contain high levels of calories from sugar or fat with little protein, vitamins or minerals. Foods commonly considered junk foods include salted snack foods, gum, candy, sweet desserts, fried fast food, pie, cookies, butter or margarine and sugary carbonated beverages.



TODAY I FOUND OUT...



Junk-Food Facts

It's the 21st century and "junk food" has gone global. For better or for worse (mostly worse), junk food is now available all over the world. We see it most everywhere we go -- in grocery and convenience stores, fast-food restaurants, on television -- usually looking very appealing. But just what are the facts about junk food?

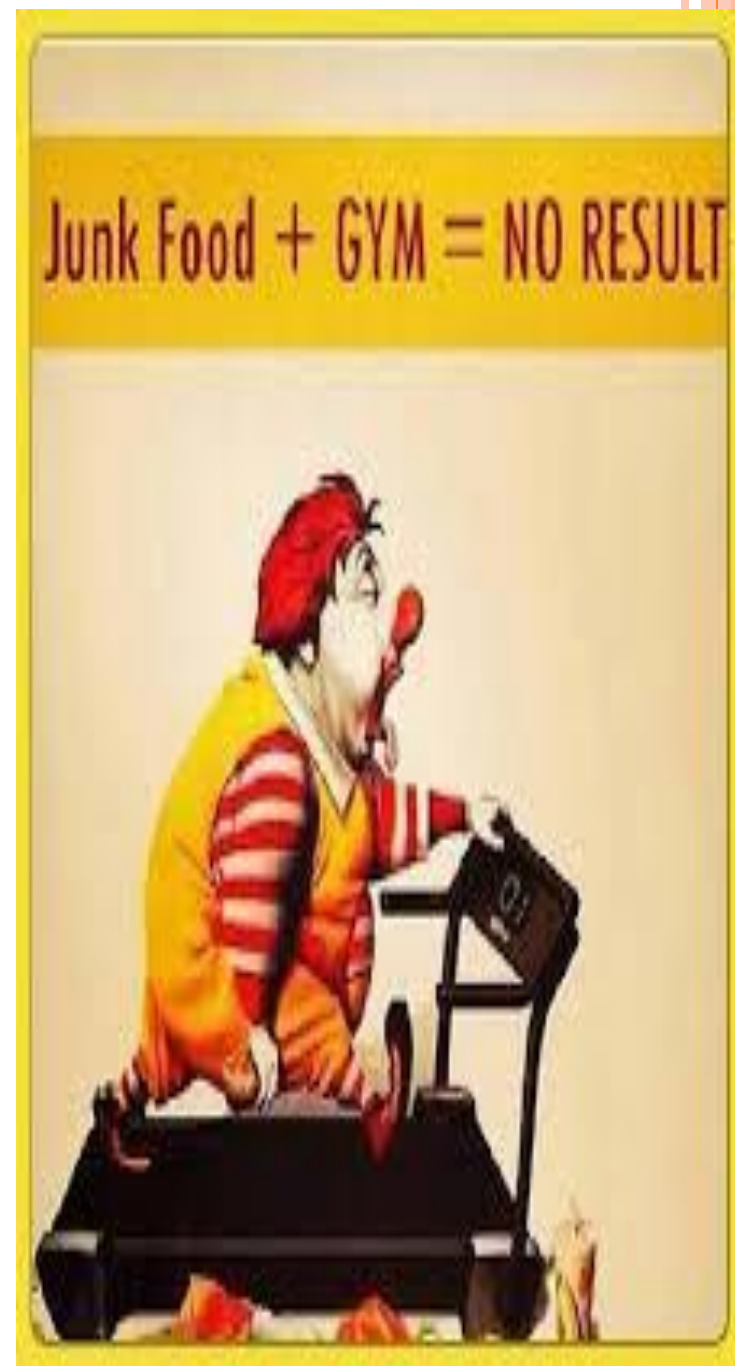
"Junk food" generally refers to foods that contribute lots of calories but little nutritional value.

One problem with junk foods is that they're low in satiation value -- that is, people don't tend to feel as full when they eat them -- which can lead to overeating. Another problem is that junk food tends to replace other, more nutritious foods.

1. Junk food may be the reason behind your fatigue: Although junk food and fast food makes you feel full and satisfied, they lack all the necessary nutrients like proteins and carbohydrates to keep your body energized and healthy.

If you eat junk food every time you're hungry, you may feel chronically fatigued. It can lower your energy levels to an extent that it may become difficult for you to even perform your daily tasks. Read more about the difference between tiredness and fatigue.

2. Junks food may lead to depression in teenagers: A lot of hormonal changes take place in teenagers which makes them susceptible to mood swings and behavioural changes. And a healthy diet plays an important role in maintaining that hormonal balance. Because junk food lack those essential nutrients, the likelihood of teenagers to suffer from depression is increased by 58 percent. Here are some facts you need to know about depression.



3. It impairs digestion: Those who are addicted to fatty junk food are bound to have digestive problems like gastroesophageal reflux disease (GERD) and irritable bowel syndrome (IBS). That's because junk food is deep fried. So, the oil from the junk food gets deposited in the stomach causing acidity. They cause irritation of the stomach lining because they are too spicy, and they also lack fibre which is important for proper digestion. Try this yoga pose to improve digestion.

4. It causes fluctuations in blood sugar levels: Junk food is high in refined sugar which puts your metabolism under stress. Refined sugar causes the pancreas to secrete more amount of insulin in order to prevent a drastic spike in your blood sugar levels. Because junk food lacks sufficient levels of good carbohydrates and proteins, the levels of blood sugar drop suddenly after you eat. This makes you feel irritable and further increases you craving for more junk food.

5. It affects the brain function: A study published in the journal Brain, Behavior, and Immunity shows that one week of eating junk food is enough to trigger memory impairment in rats. Recent research suggests that bad fats (trans fats) from junk food tends to replace healthy fats in the brain and interferes with its normal signalling mechanism. Studies in animals have also shown that fats from junk food slow down the ability to learn new skills. Try these home remedies to boost your brain power.

6. It increases the risk of heart disease: Junks food increases cholesterol and triglyceride levels which are major risk factors for the development of heart diseases. Moreover, fats from junk food accumulate over the time in your body to make you obese. The more weight you put on, the higher your risk of suffering from heart attack. Refer to these heart healthy diet tips for people with heart diseases.



- **7. It can cause kidney disease:** The reason why you can never say no to fries and chips is because they contain high amount of finely processed salt which increases salivation and secretion of enzymes that enhances your cravings. High amount of bad fats and sodium from salt increases blood pressure and affects the kidney function.
- **8. It can damage your liver:** High levels of trans fats found in a number of junk food can cause deposition of fats in the liver, which can cause liver dysfunction.
- **9. It can cause type 2 diabetes:** When you eat a healthy diet, your body gets a steady supply of glucose which helps to maintain insulin sensitivity. But when you eat only junk food, the excessive stress exerted on your metabolism can affect the ability of your body to use insulin properly. This can lead to diabetes. Here are 10 tips to prevent diabetes.
- **10. It increases your risk of cancer:** A study published in the European Journal of Cancer Prevention revealed that consuming too much of fast foods that are high in sugar and fat can increase your chances of developing colorectal cancer. Another study from the Fred Hutchinson Cancer Research Center, Seattle showed that men who ate fried foods more than twice in a month had increased risk of developing prostate cancer Here are 10 simple ways to prevent cancer. You may also like to read how India's top junk food joints are ruining your child's health

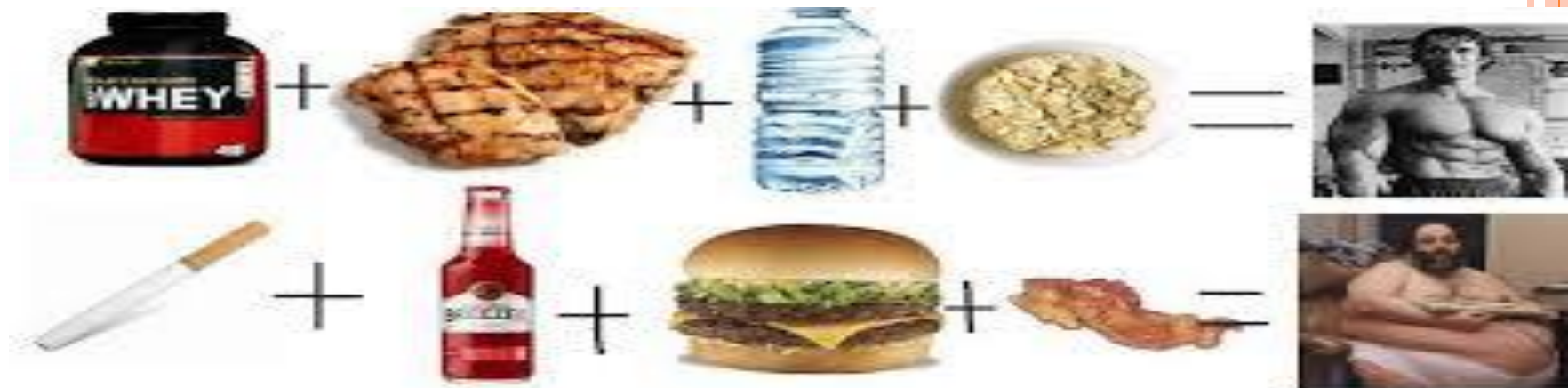




According to the Prevention Institute, experts blame junk food for rising rates of diabetes, high blood pressure and stroke. Increasing rates of chronic illness affect children who regularly consume junk food. The Centers for Disease Control and Prevention predicts if current trends continue, one in three U.S. adults will have diabetes by the year 2050.

HOW JUNK FOOD AFFECTS CHILDREN

- Junk food can be appealing for a variety of reasons, including convenience, price and taste. For children, who do not always understand the health consequences of their eating habits, junk food may appear especially appetizing. However, regularly consuming fattening junk food can be addictive for children and lead to complications like obesity, chronic illness, low self-esteem and even depression, as well as affecting how they perform in school and extracurricular activities.



- Grain-based desserts and pizza as well as soda, sports drinks and energy drinks make up the top sources of calories for kids age 2 to 18, according to the publication "Dietary Guidelines for Americans, 2010." With those stats, it's not so surprising that the obesity rate in children has risen from between 4 percent and 6 percent, depending on age range, in the early 1970s to between 10 percent and 20 percent by 2008. A diet laden with junk food not only affects weight but other facets of a child's life, too.



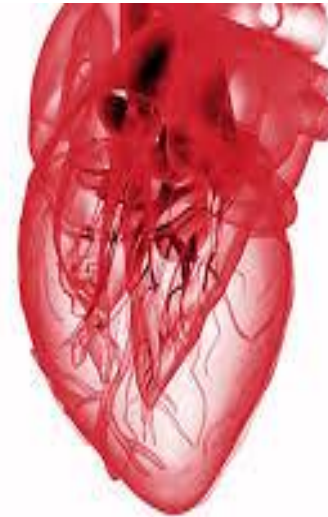
- Parents and caregivers know how challenging children can be when they aren't in the mood to behave themselves. Being tired, bored or angry can lead to poor behavior, but what your child eats can also contribute to her inability to behave appropriately. Junk foods are widely regarded as a culprit, and limiting them in your child's diet is one potential way to cut down on certain types of behavior.



- Ingredients That Make Junk Foods Junk
- Sugary foods are often blamed for behavior problems in children, but other unhealthy ingredients can also be responsible. Artificial colors and preservatives added to food can influence how a child behaves, according to a 2009 article published in the "European Journal of Clinical Nutrition." Foods that contain large amounts of saturated fats, trans fats or sodium can also play a role in childhood behavior.

HEALTH EFFECTS

- A study by Paul Johnson and Paul Kenny at the Scripps Research Institute in 2008 suggested that junk food consumption alters brain activity in a manner similar to addictive drugs like cocaine and heroin. After many weeks with unlimited access to junk food, the pleasure centers of rat brains became desensitized, requiring more food for pleasure. After the junk food was taken away and replaced with a healthy diet, the rats starved for two weeks instead of eating nutritious fare.^[12] A 2007 *British Journal of Nutrition* study found that female rats who eat junk food during pregnancy increased the likelihood of unhealthy eating habits in their offspring.



**10 REASONS
TO LOVE
YOUR HEART
EVEN MORE.**

A 20 oz. bottle of Coca-Cola has more sugar than a large Cinnabon.



When you drink one 20 oz. bottle of Coca-Cola, you are consuming 65g of sugar = 2.43 oz. = 1.77 shots.



One shot glass = 1.5 oz.

**WE NEED TO TEACH OUR CHILDREN
TO EAT REAL FOOD.**
NO FAST FOODS.
NO JUNK FOODS.
NO PROCESSED FOODS.
JUST HONEST, **NUTRITIOUS**, REAL FOOD.



Thank you for
attention!