



Why You Should Avoid Junk Food



Overview

You're hungry, and that bag of chips in the vending machine sure looks good. Maybe you could wash it down with a soda. What's the harm, right? Well, it depends on how often you indulge. These are what we call "junk food," and they aren't good for your body.

What's in junk food?

Junk food is highly processed. It's packed with things like added sugars, salt and saturated or trans fats. It's high in carbohydrates and low in nutrients. And it's also high in calories. Junk food may taste great and it may satisfy your hunger for a little while, but over time it can cause big problems for your health. And the more often you eat it, the more your body pays the price.

What does it do to you?

How does it affect you? One obvious effect is increased weight. When you eat junk food, your body tends to store fat around your middle. Junk food also interferes with your body's blood sugar levels. And, it can lead to inflammation within your body. Some studies suggest junk food can be highly addictive. So although it's bad for you, you keep eating it. People who eat a lot of junk food have a higher risk for problems like obesity, heart disease, diabetes, cancer and depression.

What does it mean for you?

What does all this mean for you? Well, it means you should take steps to limit the amount of junk food in your diet. Instead of fast food and processed snacks, reach for healthier options. Choose fresh fruits and vegetables. Drink water instead of soda or juice.

Conclusion

Every meal and every snack is a chance for you to make a real difference in your health. Talk to your doctor for more information about healthy eating.