



JUNK FOOD vs HEALTHY FOOD

Food is one of the most important aspects in the citizens' culture. With the globalization's process a lot of different specificities are becoming universal heritage so this is showed by the presence, in Italy and abroad of Chinese, American, Japanese and Indian restaurants. These restaurants show off their culture; also our mediterranean culture has been exported in the whole world. In the same circumstances was born junk food.

For example Mc Donald has fed unhealthy habits. So the junk food contains high percentage of calories, fats, sugars, salt, that are dangerous for our body. Famous examples of this ones are: hot dogs, chips, candies, chocolates, cookies, cakes and butter.

But the harmful effects are: obesity, tooth decay, lack of energy, heart disease, vitamin deficiencies, cardiovascular disease, type 2 diabetes and some cancer. Junk food's effects have developed through the whole world; in particular the USA have the highest percentage of obesity, in children too. This lifestyle has developed even in Italy where we can find the negative effects of this one although the awareness campaigns are trying to sensitize people to come back at the healthy food and his nutritional principles. It's important to underline that junk food is not cheaper than healthy food.

Why should we eat healthy food instead of junk food? All of the fats, calories and grease from the food will clogg up our arteries and can cause other health problems too. There are many reasons why you should eat healthier foods before work and school. For example eating healthy helps with energy levels and positive thinking. How do we resist junk food? There are 6 ways to stop cravings for unhealthy foods and sugar:

- 1) drink water;
- 2) eat more protein, eating more protein may reduce your appetite and keep you from overeating;
- 3) plan your meals;
- 4) fight stress;
- 5) take spinach extract;
- 6) practice mindful eating;

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health. Eat healthy and you will be happy. Junk food isn't worth it.

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