

WHAT IS JUNK FOOD?

Junk food, "is a derogatory term for foods high in calories but with reduced levels of nutrients.

Solution:

The best path is balance: make healthy eating the main source of energy and leave the junk food more for the weekend. Make /eat homemade food, give it your taste. Invest in vegetables, meats, eggs, vegetable protein, milk and fruits. This will ensure your health, well-being, and especially care for your own body, after all, it is your temple and it is your duty to take good care of it.



JUNK FOOD

Is it healthy to consume?

THESE AND OTHER ANSWERS ...



https://pt.wikipedia.org/wiki/Wikip%C3%A9dia:Princ%C3%ADpio_principal

<https://www.horoscopovirtual.com.br/artigos/o-mal-que-junk-food-faz-a-sua-saude>

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What happens to the body when junk food is consumed?

At the end of the study, animals developed a high inflammatory response, similar to a bacterial infection. That is, this type of food led to increased numbers of immune cells in the blood of rats. Even after 4 weeks, many of the affected genes continued to behave in an altered manner.



From the point of view of healthy eating, humans require approximately 50 to 60% carbohydrates, 25 to 30% fat and 12 to 15% protein.

Examples Of Junk Food :

- Hamburgers
- Soft drinks
- Doughnuts
- Chocolates
- French Fries
- Hot Dogs
- drinks with high caloric content



Problems and diseases:

- Increased cholesterol and triglycerides;
- Increased blood pressure, which increases the risk of heart disease;
- the small amount of fiber contained in these foods results in several intestinal problems, including constipation;
- Risk of diabetes;
- Immune system weakened due to lack of nutrients and vitamins.



<https://lifestyle.sapo.pt/saude/peso-e-nutricao/artigos/organismo-humano-reage-a-junk-food-como-se-fosse-uma-infecao>

<https://www.horoscopovirtual.com.br/artigos/o-mal-que-junk-food-faz-a-sua-saude>