



# MEDIA INFLUENCE ON OUR DIET

There are many ways that media can affect your perspective and can have an effect on your diet. For example, the **aesthetic apps**, by posting photos of smoothies and salads makes you want to do the same as well. **The ads** also influence you, particularly the ones of restaurants, because they make you want to eat there food.

**The blogs** also have an effect on you, because you can access to many types of different diets and you see the benefits of each one.

**Apps like Instagram** also have influence on you, because their images promote a kind of lifestyle, which can be positive if they fight against obesity, but bad if they hurt our vision of a healthy body

The **sites and the social media** can have a **positive effect or a negative effect on us**. A **positive effect** would be when they promote healthy lifestyle, with accurate facts. These can have a positive effect on our diet, and because it's on the net, it can help a lot of people.

A **negative effect** would be when they promote unreal expectations of a healthy body, and when a company wants to promote their unhealthy food on commercials. This can cause eating disorders, such as bulimia and anorexia.

