

JUNK FOOD APP

ABSTRACT

Junk food refers to food that can be served ready to eat fast. Fast food and junk food are often used interchangeably. Energy dense food with high sugar/fat/salt content and low nutrient value in terms of protein, fiber, vitamin and mineral content is termed junk food. Many of our **children** are fond of such readymade food. Sponsorship of sports or cultural competitions with attractive gifts is the main way of promotion of first food sale. Nuclear families, working mother, socioeconomic status, close proximity of fast food shop, food test and quick service in the shop are important contributing factors of fast food consumption. This kind of food is responsible for obesity, **hypertension**, dyslipidemia, heart disease and **diabetes**. Easy availability of healthy food with reasonable prices along with its campaign, school midday-food and health education can improve dietary habits of children. Implementation of laws for regulation of marketing and selling of fast food may be another step in controlling consumption of such food by our children.

6:14 PM



Foodclub

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