

## Bye Bye Junk Food

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### Abstract

Junk food is a derisive slang term for food that is of little nutritional value and often high in fat, sugar, salt, and calories. It is widely believed that the term was coined by Michael Jacobson, director of the Center for Science in the Public Interest, in 1972. Junk foods typically contain high levels of calories from sugar or fat with little protein, vitamins or minerals. Foods commonly considered junk foods include salted snack foods, gum, candy, sweet desserts, fried fast food, and sugary carbonated beverages. Many foods such as hamburgers, pizza, and tacos can be considered either healthy or junk food depending on their ingredients and preparation methods. The more highly processed items usually falling under the junk food category. What is and is not junk food can also depend on the person's class and social status, with wealthier people tending to have a broader definition while lower-income consumers may see fewer foods as junk food, especially certain ethnic foods. Despite being labeled as "junk" consuming such foods usually does not pose any immediate health concerns and is generally safe when integrated into a well balanced diet.

**Keywords:** Junk food; Children; Mental and physical effects.

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### Introduction

Today junk food eating is very common in all parts of world irrespective of economical status of family. Initially ignored aspect has entered into depth of everyone's health especially child population. This junk food has many side effects on children in physical as well as mental health.

In India and most of the countries, junk foods are not defined in proper manner so the question comes then how to say no to these food items. This junk foods are advertised continuously in all types of medias and available at door reach to children including school campus.

Michael Jacobson was first who coined junk food (empty calorie) terminology. He was born on 29<sup>th</sup> July 1943. He was an American scientist and nutritional advisor. He studied that Soda is essential junk food with just sugar calories and no nutrients. Most of Americans are drinking soda with average two cans of soda a day and these soft drinks contributes to obesity and tooth decay in teenagers. In 2005, Jacobson's organization proposed mandatory warning labels on all containers of sugar-sweetened soft drinks, to warn consumers about the possible health risks of consuming these beverages on a regular basis.[1]

### Definition

Junk food is defined as the food that having little nutritional value and high fat, sugar, salt, and calories. Junk foods typically contain high levels of calories from sugar or fat with little protein, vitamins or minerals. Foods commonly considered junk foods include salted snack foods, gum, candy, sweet desserts, fried fast food, and sugary carbonated beverages. Many foods such as hamburgers, pizza, and tacos also be considered junk food depending on their ingredients and preparation methods.[2]

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Some of the examples of Junk Foods are as follows:

- Soda
- Fried chicken
- Egg and sausage sandwich
- Bacon cheeseburger
- French fries
- Milk shake
- Deep fried cheese sticks
- pizza
- Cheese cake
- Hot dog
- Burgers
- Candies
- Sugary Cereals
- Samosas
- Carbonated Beverages
- Ice-Creams
- Creamy Cakes
- noodles
- kurkure

#### *Bye-bye*

- *Obesity:* Junk food has a major role in the obesity epidemic. Obesity increases your risk for cardiovascular disease.
- *Diabetes:* Eating junk foods throughout the day causes chronically high insulin levels, resulting obesity and Type 2 diabetes mellitus.
- *Depression:* Hormonal changes at puberty make teenagers more susceptible to mood and behavioral swings. A healthy diet plays a part in keeping hormone levels at normal level. while a diet high

in junk food falls short of these requirements. Consuming trans fats, saturated fats and processed food is associated with up to 50% increase in risk of depression.

- Nutrient Deficiencies lead to low in energy, mood swings, sleep disturbance and poor academic achievement.
- *Sodium:* High sodium in junk foods is a contributing factor in high blood pressure and heart, liver and kidney diseases
- *Overeating:* Junk foods are low in satiation value leads to overeating.
- Junk food doesn't contain nutrients for healthy body leading to chronic fatigue.
- Because fast food and junk food don't contain adequate amounts of protein and good carbohydrates, blood sugar levels drops suddenly leading to fatigue.
- short term eating of too much junk food also leads to mood swings and constipation.

One important study done at Deakin University in Australia, studied 23,000 mothers which was published in the Journal of the American Academy of Child and Adolescent Psychiatry. These researchers found that mothers who eat junk food during pregnancy more likely to have children with mental health problems like Depression, Anxiety, Conduct disorder, attention-deficit hyperactivity disorder etc.

#### **References**

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