

Top 10 reasons not to eat junk food

- 1) Junk foods are highly addictive. They are purposely designed to make you ignore your body's wisdom when it is telling you to stop overeating.
- 2) Research shows that people are far hungrier four hours after eating junk foods than natural, whole foods such as fruits, vegetables, and whole grains.
- 3) Junk foods require much more energy to produce and package than whole foods, and thus, causes great damage to our planet.
- 4) Research suggests that junk food triggers the same pleasure centers in the brain that are activated with consumption of heroin and cocaine.
- 5) Junk foods give your body very little or no nutrition. If you eat a lot of junk foods you can feel full but your cells will starve.
- 6) Junk foods contain many byproducts and chemicals that can harm our bodies.
- 7) Many junk foods have more sodium in a couple servings than you should eat in an entire day.
- 8) Junk food causes many health problems in addition to obesity.
- 9) Eating junk food makes me feel like I am not connected to the earth and the universe like I should be.



Junk food is good for food company profits but terrible for your health.

