

Argumentative essay on junk food

Here, you have an argumentative essay on junk food with Pdf. Let's start.

Junk Food is a hazardous substance for us. The word itself describes how harmful it is to our bodies. Most importantly, it tastes so good that people eat it every day. However, there is little widespread awareness of the harmful effects of malnutrition.

The problem is more severe than you think. Various studies indicate that poor eating habits hurt our health. They contain high levels of calories, fats, and sugar. Instead, they have deficient levels of healthy nutrients and no fibre. Parents should not encourage their children to eat junk food because of the adverse effects on a person's health.

The Impact of Malnutrition

Malnutrition is an easy way to gain unhealthy weight. The amount of fat and sugar in the diet makes you fat faster. However, this is not a healthy weight. It is high in fat and cholesterol that will hurt your health. Malnutrition is also one of the main reasons for increasing obesity these days.

This food looks and tastes only good. Otherwise, it does not have good points. The amount of calories your body needs to stay fit is not supplemented by these foods. For example, foods like fried French, burgers, sweets, and cookies are high in sugar and fat. Therefore, this can lead to chronic diabetes and high blood pressure illnesses. This can also cause kidney failure.

Most of all, you can get a variety of nutritional deficiencies if you do not eat essential nutrients, vitamins, minerals, and more. You are at risk of heart disease due to bad cholesterol, fats, and sodium. In other words, all of this disrupts the functioning of your heart.

In addition, junk food contains high levels of carbohydrates. It will immediately increase your blood sugar levels. This will lead to fatigue, inactivity, and sleepiness. The human reflex becomes dull over time and lives an inactive life. To make matters worse, junk food also clogs your arteries and increases your risk of a heart attack. Therefore, it should be avoided at first to save your life from ruin.

The big problem with junk food is that people do not see your side effects right now. When the time comes, drink too much. Most importantly, the problem is that it does not affect you immediately. It works for your extra time; you will face the consequences sooner or later. Therefore, it is better to stop now.

You can avoid unhealthy foods by encouraging your children at an early age to eat raw vegetables. Their taste should be enhanced so that they get healthy, delicious food. In addition, try to put things together. Do not serve the same raw vegetables every day in the same style. Include different types

of healthy foods in their diet by following other recipes. This will help them try to eat at home instead of being attracted to junk food.

In short, please do not take them off entirely because that will not help. Children will find one way or another to have them. Make sure you give them nutritious food in moderation and at healthy times.

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