



## JUNK FOOD AND ASSOCIATED HEALTH HAZARDS

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### ABSTRACT

*“Eat healthy and live healthy” is one of the essential requirements for long life. Unfortunately, today’s world has been adapted to a system of consumption of foods which has several adverse effects on health. Lifestyle changes has compelled us so much that one has little time to really think what we are eating is right and healthy. Globalisation and urbanisation have greatly affected one’s eating habits and forced many people to consume fancy and high calorie fast foods, popularly known as Junk foods. Research into the possible health hazards on consumption of such high calorie foods has given an insight to avoid them, but unfortunately measures taken are not as effective as they need to be Diseases like coronary artery disease and diabetes have seen a profound rise in developing countries and such unhealthy junk food consumption is one of the notable factors to its contribution .This global problem of consuming junk food on a large scale and its impact on health needs emphasis and health education which can greatly contribute to its limited consumption and switching over to healthy eating habits for the better living. Knowledge highlighting about the eating habits, nutritional aspects, and quality of unhealthy foods, their health impact and preventive measures should be given to create awareness and render health education for a change towards good eating practices. Junk food and its impact on health have been reviewed from various resources and have been systematically presented, so as to emphasize its ill effects and measures to be adapted towards healthy living.*

**KEYWORDS:** *Junk Food, coronary diseases, diabetes, globalisation, etc.*