

# How Does Junk Food Affect Children?



## Weight gain:

Junk food is often high in calories, fat, and sugar, which can contribute to weight gain and obesity.



## Poor dental health:

Junk food is often high in sugar, leading to tooth decay and poor dental health.



## Poor eating habits:

Children who consume junk food may develop poor eating habits, which can be difficult to change later on.



## Nutrient deficiencies:

Junk food is often low in important nutrients such as vitamins, minerals, and fiber, which are essential for children's growth and development.



## Increased risk for chronic diseases:

A diet high in junk food is associated with an increased risk for diseases such as heart disease and diabetes.



## Reference:

1. The Impacts of Junk Food on Health; Frontiers for Young Minds