

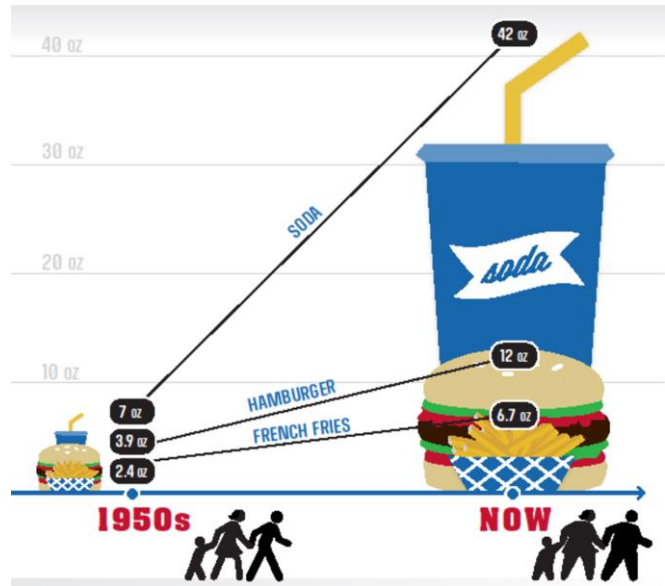
JUNK FOOD: RISK OF OBESITY AND HEART DISEASES

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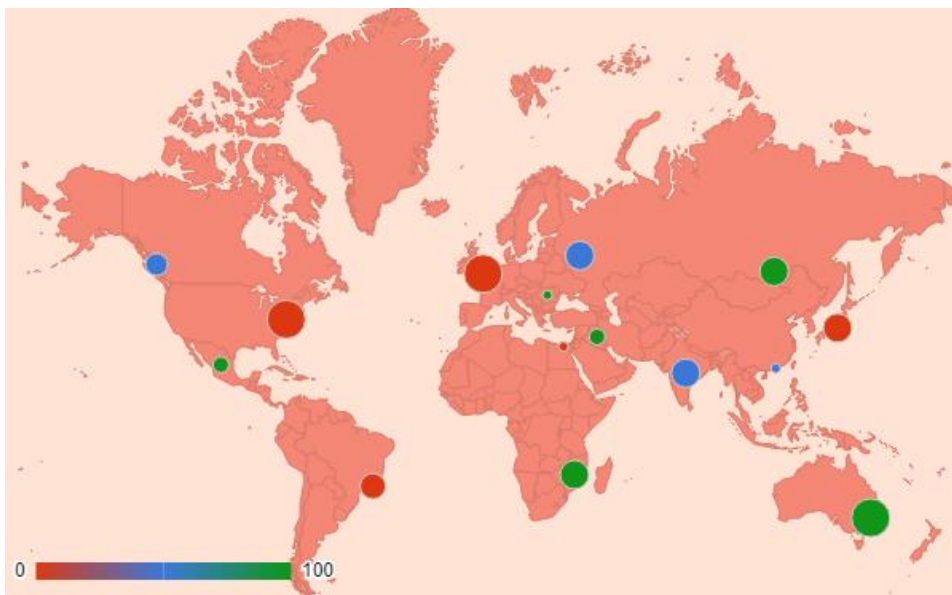
Junk food is a serious threat to your health. The main organs affected by junk food are your pancreas, liver, heart and circulatory system as a whole.

A long-term study has specifically linked consumption of fast food to obesity and type 2 diabetes. Scientists report that study participants who visited fast food restaurants twice a week or more gained 10 more kilograms and experienced double the increase in insulin resistance compared to subjects who indulged less than once a week.

Despite there have been many discussions about fast food's effects on obesity, this appears to be the first scientific, comprehensive long-term study to show a strong connection between fast-food consumption, obesity, and risk for type 2 diabetes. This study monitored the eating habits, weight and consistency parameters of over 3000 people for a period of 15 years. Taking into account television viewing, physical activity, alcohol consumption, smoking and other lifestyle factors, the team determined that increases in body weight and insulin resistance deriving from



fast-food consumption seemed to be largely independent of those factors.



In 2012, 45 percent of deaths from "cardiometabolic disease" —which includes heart disease, stroke and type 2 diabetes— were attributable to the foods people



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ate, according to the study. The researchers found that, in 2012, just over 700,000 people died from a cardiometabolic disease. Of these deaths, nearly 320,000 (about 45 percent) could be linked to people's diets. The greatest number of deaths were linked to eating too much salt. The researchers' model found that about 66,500 (9.5%) cardiometabolic deaths in 2012 were linked to high sodium intake. Some fast food dishes alone contain more than double your entire daily maximum for salt, which is 6g (about one teaspoon).



Sodium is the most important extracellular electrolyte, It plays a role in many, many health functions. Electrolytes are tiny substances that dissolve in water to create positively- and negatively-charged ions that conduct electricity. A proper balance of these charges inside and outside of your cells is crucial to regulating many bodily functions, including blood pressure. So completely cutting salt out of our diets is not possible. Consuming moderate amounts of sodium may be the best road to take. A large 2014 international study showed that people who consumed between 3g and 6g a day had fewer cardiovascular problems and were more likely to survive over a four-year period than people who had either lower or higher salt intakes.

