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 **Various outcomes of eating unhealthy foods**

Eating unhealthy foods can have numerous negative outcomes on our health. And below are the explained effects:-

Weight gain: Consuming foods that are high in fats, sugars, and calories can lead to an increase in body weight. This is because these types of foods provide excess energy that is stored as fat in the body. With increased weight of overweight will put your body at risk of having many chronic diseases.

Increased risk of chronic diseases: Unhealthy foods are usually low in essential nutrients and high in harmful additives and compounds that can increase the risk of chronic diseases such as heart disease, diabetes, and cancer. Let take for example of diabetes, when a person consume food with alot of carbohydrates or sugars they cause frequent spikes in blood sugars levels (hyperglycemia) , which can increase the risk of diabetes -related complications like diabetic encephalopathy, diabetic nephropathy, diabetic retinopathy and diabetic nephropathy. Unhealthy foods containing alots of fats and excess carbohydrates can lead to diabetes. Also eating unhealthy foods for example foods that have not been preserved well causes cancer. For example if maize is not preserved well it is mostly like produces chemical called aflatoxin which the most cause of cancer of the brain. Moreover foods with excess fats and carbohydrates also causes obesity . Obesity is One of the cause of high blood pressure due to disposition of fats alongside the blood vessels hence increasing blood pressure which later damages the heart, causing heart failure.

Digestive problems: Foods that are high in fats and sugars can cause digestive problems such as bloating, gas, constipation, and diarrhea. Moreover, when a person takes foods with low fiber this will cause constipation and diverticular disease as well as reductions in healthy gut bacterias( normal Flora).

Poor mental health: Eating unhealthy foods can affect your mood and lead to mood swings, depression, and anxiety. Brain needs different components or nutrients from the foods we eat for it to function well. Let take for example if a person eats unhealthy food with low sodium for a long duration of time, this person will present with buzzards behavior and will look like a psych patient. But all Will be due to low sodium called hyponatremia. Also if a patient takes food with low carbohydrate this patient brain will not function well because there is no energy to be utilized by the brain.

Low energy levels: Unhealthy foods are usually low in essential vitamins and minerals that are needed to keep the body energized. This can lead to low energy levels and fatigue. In other words a person can not be able to carry out heavy task because of insufficiency of energy. Further more there bodies are prone to diseases due to lack of enough energy to fight diseases.

 **Effective Ways of Improving Eating Habits**

Eat More Whole Foods:Whole foods like fruits, vegetables, lean meats, and whole grains are packed with essential nutrients that promote healthy living. Incorporate these into your meal plan to improve your eating habits.

Practice Portion Control:Eating reasonable portions can help you avoid overeating and promote a healthier weight. Use smaller plates, and measure your food to ensure you're eating appropriate portions.

Limit Processed Foods:Processed foods contain high levels of sugar, salt, and unhealthy fats. Limit your intake of these foods and opt for healthier alternatives instead.

Stay Hydrated:Drinking plenty of water can help you avoid sugary drinks that are often high in calories. Aim to drink at least eight cups of water each day.

Make Slow Changes:Changing your eating habits takes time. Make slow, gradual changes to your diet to help make any lifestyle changes more sustainability.

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