#  **TITLE: AN ASSIGNMENT ON THE OUTCOMES OF EATING UNHEALTHY FOODS AND IMPROVING EATING HABITS**

STUDENT

Health diet and fitness

Health diet and fitness

September 7, 2023

# **OUTCOMES OF EATING UNHEALTHY FOODS AND IMPROVING EATING HABITS**

Eating of unhealthy food is one of the most common and insidious problem in human beings; hundreds of millions of people worldwide suffer from this to varying degrees and extent. Historical studies have successfully demonstrated a significant association between the emerging cases of chronic diseases like type 2 diabetes and cardiovascular disease with eating unhealthy food among other problems. (Center for disease prevention and control 2022)

Good nutrition is essential to keeping current and future generations healthy across the lifespan. A healthy diet helps a person grow and develop properly and reduces their risk of chronic diseases. Adults who eat an unhealthy diet reduce their chances of living longer due to a higher risk of obesity, heart disease, type 2 diabetes, and certain cancers. (Zhang 2020)

Unhealthy food eating can be attributed to a number of factors to mention but a few like:

1. Food euphoria. Unfortunately, our bodies are hard-wired to crave unhealthy food.
2. Lack of sleep. Studies suggest that sleep deprivation is associated with increased hunger.
3. Habit.
4. Stress. (Crezwony 2020)

Unhealthy foods include the following but not limited to; sugary foods, soft drinks, refined carbohydrates, alcohol, margarine and processed meats. However healthy eating can help people with chronic diseases manage these conditions and avoid complications thus important role in avoiding the aforementioned foods or reducing their consumption significantly.

Keywords: *insidious, type2 diabetes, cardiovascular diseases, emerging, unhealthy*

## DISCUSSION

 CAUSES AND SIDE EFFECTS

. Euphoria over food

Unfortunately, our bodies are genetically programmed to seek junk food. When you consume things you enjoythat have sweet taste, you stimulate your brain's feel-good areas dopamine is released, prompting you to eat even more. The brain's reward processing system for food is similar to its mechanisms associated to substance abuse, especially in patients with excess weight and obesity.

Sleep deprivation

Sleep deprivation has been linked to increased hunger (particularly snack and sweet desires), hormones produced such as Ghrelin, the hunger hormone, rises, forcing you to eat unhealthier foods.

Habit

“If it’s normal for you to eat junk food, it can be hard to break that cycle,” explains Czerwony.

Stress

Stress — as a result of both nature and nurture. Some people find food helps distract them from negative thoughts and feelings. (crezwony 2020)

WAYS OF IMROVING EATING HABITS

Some ways of improving eating habits include exercising mindfulness: that is eating and drinking without distractions, try an air fryer, drinking lots of water, and managing stress. (Kishore 2023)

.

## REFERENCES

Kishore. (2023). Unhealthy foods examples, side effects, Nutrition journal https://health.clevelandclinic.org/heres-the-deal-with-your-unhealhy-food-cravings/last update, month day).

Crezwony J, (2020). Practical tips for curbing cravings and smart swaps*,* Nutrition journal.

https://health.clevelandclinic.org/heres-the-deal-with-your-unhealhy-food-cravings/last update, month day).

Q. Li, LZhang. Cui, Y. Tian et al., (2017) “side effects of unhealthy food intake on health as risk: a meta-analysis of observational studies,” Nutrients.vol. 9, no. 5, p. 246.

  National center for chronic disease prevention and health promotion

(2022) <https://www.cdc.gov/chronicdisease.unhealthy> foods /index.html