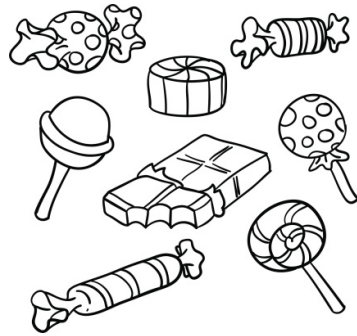


# JUNK

# FOOD

## ARE YOU A JUNK FOOD JUNKIE?

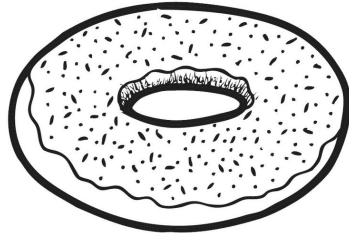
*Junk foods can be the biggest barrier to a healthy diet. There is no evidence that these foods are truly addictive, but companies spend lots of money to make their food very hard to resist- the perfect blend of fat, salt, and sugar.*



### FACT #3

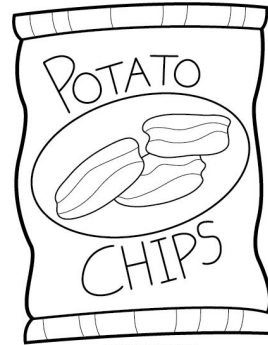
JUNK FOOD CAN CAUSE  
**DEPRESSION**

A diet high in saturated fats and processed foods increases risk by 58%



**FACT #1**  
JUNK FOODS DO NOT  
**SATISFY**

Junk foods are high in fat, sugar, and/or salt. Eating them does not make you full, it makes you want more!



### FACT #2

JUNK FOODS CAUSE  
**HUNGER**

Hunger signals from your brain are increased for several **days** afterwards.

### FACT #4

JUNK FOOD CAN CAUSE  
**MALNUTRITION**

By replacing healthy food with junk, you are missing out on essential vitamins

### FACT #5

JUNK FOOD COMPANIES  
**PLOT AGAINST YOU**

They spend \$1.9 billion every year to convince you to buy their food.



### FACT #6

JUNK FOOD CAN BE  
**SNEAKY**

Even foods that sound healthy can be junk: low fiber, high sugar/salt/fat

## SO, WHAT DO I DO NOW???

Knowing is half the battle. Cutting back on junk food may not be easy. Making healthier choices doesn't have to mean a complete ban on pop, cake, and cookies, but it does mean that these foods should not be a daily part of your diet. The first step is to limit the amount of junk food around you- don't have any in the house! If you have a half gallon of ice cream, it might be hard to stick to one serving. Have healthy snacks available and ready for when you get hungry- remember, healthy doesn't mean boring! It should still be something you enjoy. Drink lots of water. Check in with your cravings- are you bored? tired? or truly hungry? If you aren't hungry, try doing something else other than giving in to the craving.

