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## Health, social, along with dietary Risks of Junk Food Consumption: Assessing Advantages and Disadvantages in Contemporary dietary habits

Ashutosh Pathak\*<sup>1</sup>, Vibha Tripathi<sup>2</sup>, Salman Ahmad Khan<sup>1</sup>, Sunil<sup>1</sup>, Ashlesha<sup>1</sup>,  
 Kritika Shukla<sup>1</sup>, Sonali Singh<sup>1</sup> and Sanskar<sup>1</sup>

<sup>1</sup>Department of Pharmaceutical Chemistry, Institute of Pharmacy, Dr. Shakuntala Misra National Rehabilitation University, Mohan Rd, Sarosa Bharosa, Lucknow, Uttar Pradesh India - 226017.

<sup>2</sup>Department of Pharmaceutical Chemistry, Yashraj Institute of Pharmacy, Gomti Nagar Extension Sector 6, Gomti Nagar, Lucknow, Uttar Pradesh India - 226010

\* Corresponding author. E-mail address: rrscohashu1986@gmail.com

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### ABSTRACT

One of the most important things designed for an extensive life is to "eat healthily then live healthily." Sadly, the world of today has acclimated to a food consumption arrangement that has a figure of disadvantageous health implications. We are under so much pressure to modify our lifestyles that we hardly have time to consider whether the food whatever people are eating is healthful! The rise of cities and globalization have had a profound effect on dietary choices, compelling a majority to consume expensive, calorie-loaded fast meals also known as "junk food." Unfortunately, the measures put in place to avoid such foods that are packed with calories are not as beneficial as they need to be, despite studies investigating the possible negative health consequences of doing so. The intake of unhealthy junk food is one of the major contributing causes to the significant increase in diseases like diabetes mellitus and coronary artery disease in emerging nations. The widespread issue of junk food intake and its detrimental effects on health requires attention and health education, which may significantly help restrict its consumption and transition to healthier eating practices for a higher quality of life. Knowledge emphasizing dietary habits, nutritious qualities, the nutritional value of dangerous meals, their influence on wellness, along with preventive strategies must be given in order to increase consciousness while offering healthcare advice for a change to nutritious eating habits.

### Introduction

Adolescence is the initial stage after birth where physical growth truly accelerates. Adolescence is a particularly susceptible period due to the biological, intellectual, and emotional changes that accompany this fast growth surge (Swaminathan *et al*, 2025). First, there is a greater demand for food and energy because to the quick increase in our physical development and growth during a brief period of time. Second, the lives of individuals and food choices change during adolescence, which has an impact on their nutritional needs and intake. Third, more opportunities to express nutritional choices and expand or restrict healthy options are implied by teenage individuation. Adolescence may be divided into three stages. Early adolescence (ages 11 to 14) is defined by the start of puberty and growing cognitive development. Middle adolescence (ages 15–17) is characterized by increased independence and exploration (Akter *et al*, 2025). During late adolescence (ages 18 to 21), important decisions about one's life and career must be made. An adolescent's intellectual growth may be negatively impacted over time by inadequate nourishment right through any of these stages, which might lead to decreased learning ability, concentration, and academic achievement. Eating junk food has grown popular. The children hate home-cooked, wholesome meals.

Junk food is bad for your health. Pizza and hamburgers cause the body's cholesterol levels to rise. The human body's fat content increases. An increase in fat in the body is detrimental to the heart (Balakrishnan *et al*, 2025).

The use of soft drinks raises the body's concentration of dangerous contaminants. It affects the kidneys, skin, and bones. A healthy, balanced diet is essential for every child's growth and development because of its delicious flavour. Most kids in this age group eat junk food throughout mealtimes and become addicted to its flavour (Stanciu *et al*, 2025). Despite its deliciousness, junk food is high in calories and has little nutritious value. A lot of people try to limit or stay away from junk food. As a result, even while many food companies provide a range of products that may be categorized as junk food, such food is harmful. Anything that is quick, tasty, practical, and fashionable is considered food. The most common situation is a child sitting close to of the TV enjoying a bowl of crispy wafers and other junk food after school. Junk food has several detrimental effects and is harmful (Young *et al*, 2025).

Poor nutritional content and high calorie consumption cause children to gain weight. Additionally, artificial colours found in junk food are harmful to the body and cause cancer. The impact of these meals on the digestive system could not show up for years.

Studies have connected food colouring to children's hyperactivity and attention issues. Children with learning disabilities are thus prohibited from eating foods that contain artificial colouring (Soans, J. S *et al* 2025). In addition to undermining these educational requirements, poor eating habits can weaken children's ability to form friendships, maintain relationships with family members, and engage in sports and other activities. Junk food frequently replaces healthy foods, which is bad for one's health (Benjamin *et al*, 2025). Adolescence is characterized by elevated protein and calorie requirements. The youngster eats more meals high in carbohydrates as his hunger increases. Poor snacking habits may result in insufficient consumption of vitamin C as well as vitamin A (Chapman & Maclean *et al*, 2025). Many people try to avoid or limit unhealthy food in their meals because they are concerned that it is harmful, even though many food producers produce a range of foods that can be considered junk food. Physicians, nutritionists, and other health experts frequently work to inform society regarding junk food and motivate them to embrace balanced diets full of nutrient-dense foods (Carter *et al*, 2025). Youngsters appear to have entered an era of junk food and convenience stores without realizing the damage they are causing to themselves. For children who have no idea of the heart problems, high blood pressure, cancer, or diabetic that may hit those decades later, the consequences of a junk food atmosphere are nearly inevitable. Studies show that artery blockage can start as early as age 30, setting the stage for further heart attacks. Children's diet has an effect on their risk of prostatic and breast cancer starting in adolescence (Shamsol *et al*, 2025). Other diseases, including hypertension and osteoporosis, appear to have their roots in infancy, when lifelong eating habits are formed. Children are especially vulnerable (Wise *et al*, 2024).



Fig 1. Junk Food

**Brain's Neurological Effect on Junk Food:**

Dopamine pathway overstimulation by junk food:  
Junk Food stimulates the Reward System Powerfully:

•The gratifying channel is often known as the mesolimbic dopamine pathway of the cerebral cortex is activated by junk food, particularly diets heavy in sugar, fat, and salt.

**•Important routes:**

•Dopamine is released by the ventral tegmental region (VTA). The "reward center" is the nucleus accumbens (NAc). Prefrontal cortex (PFC) relates to decision-making and executive control (Yang *et al*, 2025 and Akhtar *et al*, 2025).

**Why junk food dopamine causes strong dopamine release:**

- Junk food is designed to be:
- Very tasty
- Quick and simple to consume
- High in calories

- Reliable and satisfying
- Compared to typical whole meals, this combination causes a dopamine increase that is significantly greater.
- Fat → extended dopamine release Sugar → rapid dopamine surge
- Add salt, crunch, and flavour enhancers to increase the reward.
- A neurobiological "reward storm" is produced as a result (Balakrishnan, V. S. *et al* 2025, Singh *et al*, 2025 and Zhou *et al*, 2025).

**Brain's reward as balanced shifts:**

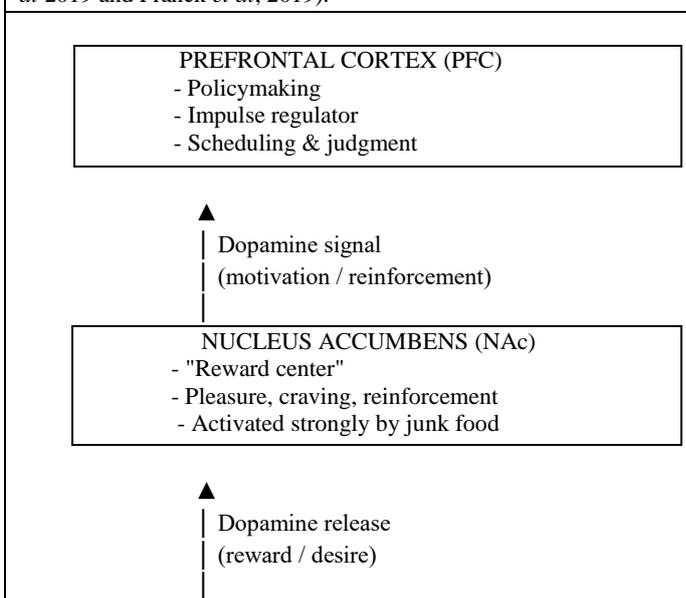
**Over time:**

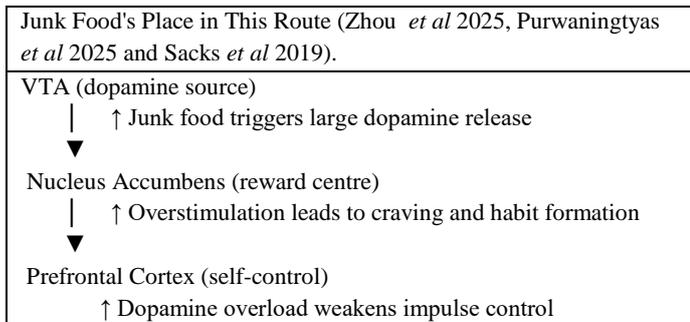
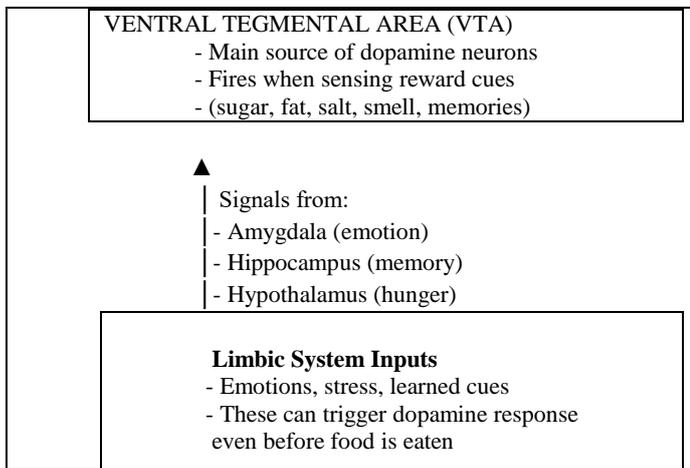
- Fruits, exercise, and hobbies are examples of everyday pleasures that feel less fulfilling. Junk food seems more essential to feeling normal.
- Encouragement to choose better choices descends. This change is not only a "lack of willpower," but rather a neurochemical one (Hollett *et al*, 2025).
- Effects on Self-Control in the Prefrontal Cortex
- Junk food overstimulation impairs the prefrontal cortex:
- less effective decision-making
- diminished impulse control
- Having trouble controlling desires
- This results in a loop:
- Dopamine is overstimulated by junk food.
- The brain lessens sensitivity
- Cravings get stronger
- Self-control declines
- Increased intake of junk food (Burki *et al*, 2023, Mititelu *et al* 2024 and Pomeranz *et al*, 2018).

**Change In neuroplasticity (Brain Wiring):**

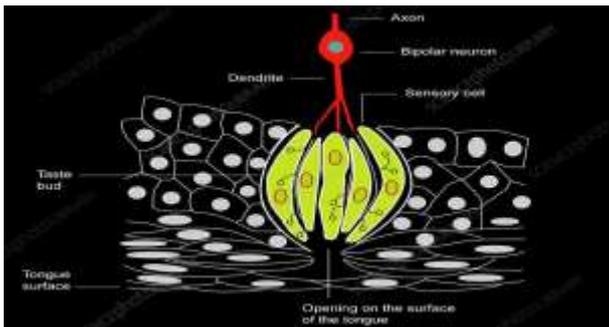
- Frequent consumption modifies the brain circuits that regulate:
- Reward
- Inspiration
- Gaining knowledge
- Establishment of habits
- Cravings become more reflexive as a result of the basal ganglia and NAc strengthening habitual eating patterns (Amer *et al*, 2022).
- Overall Summary:
- Causes of junk food
- Significant dopamine spikes
- Diminished dopamine receptors
- Loss of control and cravings
- Reduced ability to control oneself
- Addiction-like habit cycles (Oginsky *et al*, 2016).

Diagram of Dopamine Pathway: (Théodore *et al*, 2025, Oginsky *et al* 2019 and Franck *et al*, 2019).





**Chemistry of taste Enhancer's:** Fast food, drinks, chips, quick noodles, and processed snacks are examples of junk food that is designed to be as palatable as possible. Taste enhancers are crucial in the following ways (Sacks *et al.*, 2011 and Morley *et al.*, 2022).



**Fig 2. Taste bud Anatomy**

Umami Enhancers: monosodium glutamate, or msg.

- Frequently found in snacks, flavoured chips, and quick noodles.
- Chemistry: Separates into glutamate ( $C_2H_5NO_4^-$ ) and sodium ( $Na^+$ ). A delicious "mouth-filling" feeling is produced when glutamate attaches to the tongue's umami receptors (T1R1/T1R3) (Chuan *et al* 2025).

- Effect: Enhances the flavour of processed animal products, soups, and sauces, frequently leading to "flavour addiction."

Nucleotide (IMP, GMP):

- Frequently used with MSG to improve umami in a synergistic way.
- Found in bouillons and flavoured snack powders (Trisno *et al* 2025).

**Sweetening agent (as Enhancers):**

- Acesulfame-K, sucralose, and aspartame are examples of artificial sweeteners.

- Chemistry: Attach to T1R2/T1R3 sweet taste receptors; some can enhance the impression of sweetness without adding calories.

- Effect: Baked products, candy, and soft drinks taste sweeter without being too sweet.

- Synergistic sweetening: To provide a stronger "hit" of sweetness and activate the brain's reward system, certain junk foods mix sugar with sweeteners (Ejtahed *et al.*, 2024, Dowd *et al* 2025, Mukhida *et al* 2025).

**Salt Taste Enhancers:**

- Chemistry of sodium chloride (NaCl): Activates ENaC sodium channels into taste buds by dissociating into  $Na^+$  and  $Cl^-$  ions.

- Impact: Instant noodles, fries, and chips taste better.

- Salt potentiators: Some hydrolysed proteins or amino acids, such as lysine, can improve the impression of salty, allowing for a reduced sodium concentration without sacrificing flavour (Shifat *et al* 2021).

**Enhancers of Fat and Mouthfeel**

- Certain substances add richness or creaminess to junk food:

Diglycerides and monoglycerides enhance the perception of fat (Kraak *et al* 2023).

Low-fat appetizers taste richer because MSG and nucleotides increase the impression of "savory fattiness."

Bitterness Blocker:

- Junk food frequently contains substances that cover the items' inherent bitterness.

- For instance, bitter peptides in protein-rich snacks or cocoa in chocolate.

- Chemistry: Polyols or amino acids such as (glycine and arginine may block T2R bitter receptors, resulting in a softer flavour (Bains *et al.*, 2013).

**Why Taste Enhancers Cause Addiction to Junk Food?**

- Synergy: MSG, sugar, sodium, and fats work together to enhance flavour more than any one of these ingredients alone.

- Brain reward activation: Strong tastes cause cravings by activating dopamine pathways.

- Overstimulation: Overconsumption results from the high "flavor density" overriding the body's normal satiety signals (Boylan *et al.*, 2017).

**How junk food industry harm health:**

Peoples have been consuming more meals outside of their homes during the past few decades, particularly at fast food restaurants. One Fast food is defined as food that is offered in chain stores or outlets that include warmed or already prepared ingredients and are packed for customers to enjoy at home or take out (Putrisiptiani *et al.*, 2025).

**Why is this an issue?**

- First, meals supplied in fast food restaurants have high quantities of sugar, fat, salt and calories. An increasing body of evidence indicates that consuming meals rich in these chemicals raises the risk of cardiovascular disease, stroke, depressive disorders, diabetes, asthma, and other chronic illnesses all lead to early death.3 In addition to the terrible psychological and physical effects, these health risks also impose enormous expenses on our healthcare system.

- Second, eating more food at fast food restaurants results in eating less nutritious items.

Whole grains, fruits, and vegetables—foods that individuals are more inclined to consume at home—lose their health advantages.

- Third, a number of economic and environmental issues are exacerbated by the fast-food sector. Global climate change is exacerbated by the millions of creatures raised for the industry's menu items. Additionally, millions of workers are left without a living wage or advantages that enable working people to transcend poverty as a result of its labour policies. Furthermore, local companies frequently struggle to prosper due to fast food franchises (Dash *et al* 2025, Harrison *et al* 2019, Sun *et al* 2025, Barry *et al* 2025 Sudrajat *et al* 2025).

Fast food companies want us to believe that the reason people consume a lot of their offerings is because they are only meeting consumer demand. In this paper, we take a closer look at this prevalent business position, arguing that the industry's deliberate efforts to make fast food the most accessible, affordable, and easy option have led to a rise in fast food consumption. The fast-food business has made it more difficult for us to take charge of our own

diets as we make better decisions by altering our eating environment. Due to these economic tactics, the industry of fast food contributes to the most serious health issues facing our nation rising rates of heart disease, diabetes, and other persistent conditions—and places an increasing financial strain on households and taxpayers who must pay for the medical management of these illnesses. Furthermore, the fast-food sector adds unsustainable expenses to our healthcare system by opposing laws that would force these companies to pay their fair part of the health consequences caused by their marketing strategies. Since the 2008 sub-prime mortgage crisis, a growing number of individuals believe that it is unjust for large businesses to make money by betting on the welfare of the 99 percent of people who are not multimillionaires. Similar to how many want to hold the tobacco industry responsible for its legacy of disease and death, many also want to make large banks and speculators liable for the harm they have brought to the economic and the suffering they have inflicted. Nowadays, a lot of people believe it's time to warn the fast-food sector to stop compromising our health in order to increase profits (Hadriani *et al* 2025, Pathak, *et al* 2025 and Pathak, *et al* 2024).

### **Junk Food's Impact on Health:**

#### **Obesity**

•One of the biggest drawbacks of consuming junk food from your favourite fast-food restaurants is obesity and the associated health problems. Junk food's high sugar, calorie, and fat content causes weight gain. Obesity may lead to a number of illnesses, including diabetes, heart problems, and joint pain. Eating junk food and processed meals raises your risk of heart disease and type 2 diabetes, according to scientific research (Pathak *et al* 2025).

•The potential health hazards these fast-food establishments present to patrons are another issue facing the industry. One particular threat is the E. Coli bacteria, which can be present in animal byproducts. Because fast food firms operate in a long chain of custody, it is challenging to supervise the processing and purchase of beef. Fast food consumption and lack of exercise are the main causes of overweight. Along with to the general unpleasantness brought on by being overweight, other effects associated with weight gain encompass elevated blood cholesterol, arterial obstruction, and a higher chance of myocardial cardiovascular disease. Because eating fast food is so addictive, it can be challenging to switch from fizzy drinks and fried, fatty dishes to alternatives that are healthier.

•One of the fundamentals of health education is a systematic educational program. It helps teens learn enough about the detrimental or dangerous effects of fast food. They will be able to overcome the unfavourable effects sooner if they receive enough information. They will thus be assisted or motivated to seek timely and appropriate medical advice (Bala *et al* 2025).

#### **Heart Disease:**

•The calorie concentration in junk food is over two times the amount of the suggested daily allowance for young kids, suggesting that efforts might have been made to cut the expense of groceries ingredients and facilitate trade between nations. nevertheless, liberalizing trade has led to a major influx of fast-food restaurants into the Indian market; this tendency could potentially be reversed by enacting high taxes on imported and manufactured packaged food items. Youngsters find it challenging to make healthy food decisions since fast meals are high in sugar and saturated fats, which are both dangerous and addicting.

•Consuming fast food increases the percentage of calories that come from saturated and total fat. Additionally, fast food has a poor micronutrient content (such as carotene, vitamin A, and vitamin C) and low amounts of both magnesium and calcium due to steps made to cut the cost of food grains and liberalize international commerce. However, the Indian market has seen a massive influx of fast-food restaurants as a result of trade liberalization. This tendency may be stopped by charging a high price for ready-to-eat items that are made and imported (Elvanora *et al* 2025 and Pathak *et al* 2025).

#### **High Blood Pressure:**

•One of the main causes of high arterial pressure has been proposed to be elevated salt levels. It has been demonstrated that sodium affects the kidneys' renin-angiotensin system, which leads to arterioles to constrict and raises blood pressure. Additionally, the salts included in the recipe have an impact on the renal system through their excretion through the kidneys. Junk food's high cholesterol has long-term effects on the organ called the liver, through which it is absorbed and eventually causes damage. Salt and cholesterol are known to set off a series of events that lead to heart disease, stroke, and elevated blood pressure. Renal function may also be impacted by excess salts.

•Gastritis and excessive hydrochloric acid production are caused by the irritation of the stomach mucosa caused by excess fats, oils, and spices added to these meals.

•Poor attention is another consequence of a junk food habit that has been shown to affect people in the next couple of years. After a tasty, oil-rich junk supper, one feels drowsy and unable to concentrate. Long-term junk food consumption might lower blood circulation due to fat accumulation. Gray (brain) cells may get stale due to an inadequate supply of vital nutrients, oxygen, and proteins in particular. Most of the time, such junk foods contain colours that are harmful to human health, carcinogenic, and inedible. Flavour and colour allergies can cause rashes, hyperactivity, and asthma. Research on rats has demonstrated that consuming junk food while pregnant has detrimental effects on the health of the foetus (Pathak *et al.*, 2021).

**Depression:**-Junk food is high in fat and sugar, which can change the chemistry of the brain and affect cognitive function. Overconsumption of these drugs could cause the body to lose critical minerals as well as amino acids. You may suffer depression as a consequence of these signs, which can eventually render your brain incapable to cope with stress. Certain meals might eventually cause your brain to become feeble and sluggish. Over the course of a six-year study conducted in Spain, over 9,000 participants were shown to have a 48% increased risk of getting depression if they consumed more heavily processed foods.

One of the biggest drawbacks of consuming junk food from your favourite fast-food restaurants is obesity and the associated health problems. Junk food's high sugar, calorie, and fat content causes weight gain. Obesity may lead to a number of illnesses, including diabetes, heart problems, and joint pain. Eating junk food and processed meals raises your risk of heart disease and type 2 diabetes, according to scientific research (Paudel *et al* 2025).

#### **Consequences of Consuming Too Much Fast Food**

There is no doubt that eating fast food is bad for kids' health. Compared to non-fast-food eaters, junk-food eaters' intake more calories, fat, and saturated fat, as well as salt, pressurized soft drinks, and less milk, fruits, vegetables, and vitamins A and C. A diet high in sugar, sodium, saturated fat, and calorie intake can lead to obesity, hypertension, dyslipidaemia, and impaired glucose tolerance. There is a positive correlation between body mass index and the frequency of junk food consumption. As a result, obesity-related problems with morbidity and mortality have surfaced. Careless handling, storage, and preparation techniques may be associated with fast food. It is even connected to the onset of heart disease and promotes microbial contamination. These meals provide far more energy than is advised for children. Additionally, it leads to an increase in calories from both total and saturated fat. It leads to a deficiency of micronutrients and an increase in calories through total and saturated fat. Fast food's lack of calcium and magnesium contributes to osteoporosis. Dental caries has also been associated with diets heavy in free sugars. Due to the adulteration of food items with food colouring and other hazardous chemicals, and also because of the restaurants' microbiological hygiene and safety, fast food restaurants and the custom of consuming fast food are frequently attacked in Bangladeshi media. Compounds used in food colouring are believed to cause cancer (Bala *et al* 2025).

#### **Decrease in Fast Food Intake:**

The availability of nutritious food, together with advertising and surveillance on sickness and its relationship to dietary practices, all contribute to increased intake of healthy food. Health education and school-based programs can also help change children's eating habits. Reducing the cost is one of the best ways to purchase wholesome meals. Reduced prices and the introduction of a decreased-fat labelling among teenagers have been associated with a significant increase in the consumption of low-fat snacks. The moment has arrived to strictly restrict media marketing for junk food and fast food. Newspapers, radios, televisions, and the school lunch program should all encourage a healthy diet. Kids and teenagers should be taught to consume affordable, conveniently available, and healthful meals at home. The government needs to take action to lower the price of food grains in countries like ours. It would be advantageous to impose a tax on items that are ready to consume. Food labels that provide information on calories, sugar content, fat, mineral content, and protein may be a start in the right direction. Another approach in reducing our kids' intake of fast food might be the implementation of regulations controlling its marketing and sales. There is little doubt that the recent inclusion of appealing sections on nutrition and eating habits in a number of school-age children's textbooks is a positive move in the direction of lowering the use of unhealthy fast food (Elvanora et al 2025).

**Future aspects of junk food on health:** Fast food is frequently heavy in calories and low in nutrients. There is evidence that consuming too many commercial fast-food items can have detrimental effects on one's health over time. Nowadays, a lot of fast-food restaurants show how many calories each item has. But this is only one aspect of determining whether or not it is healthy. The nutritional value of fast food is often low. Fast food frequently contains a variety of ingredients that are typically harmful, based to a 2015 assessment (Trusted Source). It contains a lot of processed ingredients and preservatives, sugar, salt, and trans or saturated fats. It is also deficient in several important nutrients. However, not every type of fast food has detrimental effects, and by learning about the nutritional value of specific fast-food items, one may make an informed decision. The majority of large restaurants' websites include this information. Nevertheless, even the healthier fast-food options are typically heavy in Trans fats, sugar, salt, and saturated fats (Huang et al, 2025).

#### Short term Impacts:

Fast food is usually heavy in Trans or saturated fats, sugar, and salt. When someone consumes fast food, their body's response to these nutrients causes a variety of immediate effects.

#### Blood Sugar spikes:

Because fast food contains refined carbs and added sugar, it breaks down quickly and raises blood sugar levels quickly. This leads to an unusually high insulin spike, which lowers blood sugar. People may feel exhausted as a result of this. Shortly after a meal, insulin increases appetite.

#### Blood pressure:

A brief 2016 study According to Trusted Source, eating a lot of salt can have an instant negative effect on a person's blood vessel health. Fluid retention is also linked to excessive salt consumption.

An increase in inflammation: The body may become more inflamed with only one plate of fast food. One fast food meal heavy in saturated fat enhanced airway inflammation in people with asthma, according to 2015 research (Trusted Source). Asthma episodes are triggered by this inflammation.

Affects Nutrient intake: Fresh seasonal fruits and veggies are rarely found in fast food. It may be difficult for someone who regularly consumes fast food to meet the recommended daily diet of at least five servings of fruits and vegetables. A. Additionally, they could struggle to meet the requirements set by the FDA's (Food and Drug Administration) recommended daily consumption of 28 grams of fibre (Trusted Source).

**Overindulging in food:** Fast food does not require much chewing since it is very appealing, which means your body breaks it up quickly in the mouth. As a result, it quickly stimulates the brain's

reward regions. This combination lessens a person's appetite for complete, fresh foods and educates the palate to Favor these heavily processed and highly stimulating items. Fast food intake and the prevalence of food addictions for these low-nutrient foods have been linked, according to study results from 2018 Trusted Source along with earlier studies. An entire day of high-fat feasting reduced insulin sensitivity, according to a small 2017 research (Trusted Source) including 15 people. A cycle of eating disorders or binge disordered eating may then be set off by this (Paudel et al, 2025).

**Long term impacts:** Numerous studies have demonstrated that frequent consumption of fast food might be detrimental to one's health. Fast food consumption can have potentially irreversible consequences, according to 2015 research (Trusted Source). Obesity, resistance to insulin, diabetes of any kind, and other cardiovascular diseases are some of these hazards. This is due to the fact that the majority of fast food is heavy in calories, processed ingredients, saturated and trans fats, sugar, and salt. Additionally, it typically lacks fibre, antioxidants, and many other minerals (et al, 2025).

**Digestive System:** A lot of fast-food meals have very little fibre. Low-fibre diets are linked by doctors to an increased risk of Reductions in good gut flora and digestive disorders including diverticular disease and constipation are reliable sources.

**Inflammation and immunity:** In 2019 analysis looked at how a Western diet affected an individual's immune system. High levels of sodium, salt, sugar, and fats that are saturated from a small number of foods make up this diet. A Western diet may increase the risk of allergy and autoinflammatory diseases, increase cancer rates, reduce infection control, and increase inflammation.

**Memory and learning:** A paper from 2020 Unbalanced diets heavy in simple carbs and saturated fat, which are common in fast food, may be linked to impaired memory and learning, according to a reliable source. Additionally, this type of diet may increase the risk of Parkinson's and Alzheimer's diseases.

**Allergies:** The authors of a 2018 review (Trusted Source) found a connection between eating fast food and an increase in eczema, rhino conjunctivitis, and asthma.



Fig 3. How junk food affects way of thinking.

**Suggestion for Good Health:** Everyone has to keep proper nutrition and good behaviours throughout their lives in order to live a healthy existence. Junk food consumption is getting more and more common, which will lead to illness in the next generation. Since children are unaware of the negative effects of junk food, parents should be mindful of their children's and teens' eating habits. They never determine what is good or evil. Children's eating habits are entirely the responsibility of their parents. From an early age, parents should educate their children about eating habits and the distinction between junk and good food. Our teenagers are readily swayed by their surroundings and alter their behaviours to fit in with society. In general, junk food is appealing and delicious to individuals of all ages. Adolescents are likewise drawn to junk food. They never appear the same from the inside as they do from the

outside. Junk food has been shown to be harmful in every manner and is never regarded as healthy. Junk food is unhealthy. Teenagers are the most sensitive age group when it comes to eating habits, according to study, since their bodies go through a lot of changes as they get ready to become adults. Junk food is defined as unhealthy food. It is detrimental to the body's systems and less nutritious. The majority of junk food has high levels of harmful cholesterol, sugar, salt, and saturated fats. Adolescents like indulging in junk food, such as beverages, wafers, chips, noodles, and chocolate (Mainali et al 2025, Sharma et al 2025 and Kramer, et al, 2012).

### Conclusion

One should think about the drawbacks of eating junk food before making it a habit. High rates of diabetes, overweight, arterial hypertension, and heart attack and stroke may result from such intake. Teenagers of school age still eat junk food because it is easily accessible and comes in handy packaging, even though they are well aware of its harmful effects. Overstated claims about health made by manufacturers of junk food should be strictly regulated and controlled by the government. A proper intervention is recommended to enhance the eating habits of teenagers. This might make people more conscious of and sensitive to junk food, as well as assist them in making healthier dietary choices and consumption habits. In order to promote children's nutritional well-being throughout their psychological, social, and behavioural development, there is an increasing demand for continuing nutrition awareness initiatives, especially for young females. Hormonal fluctuations, the pressures of a hectic schedule, family relationships, peer pressure, academic responsibilities, and career-related stress all cause stress for both boys and girls during this phase. Junk food is becoming more and more popular among teenagers due to these causes. According to the present study, eating too much junk food directly affects their health. Adopting a diet high in nutritious foods is crucial to boosting immunity in the context of the continuous increase in COVID-19 instances.

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