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Junk Food: Impact on Health

By Rajveer Bhaskar

LAP LAMBERT Academic Publishing. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 8.7in. x 5.9in. x 0.1in. Junk refer to fast food which are easy to make and easy to consume but very low in nutrition. Michael Jacobson aptly coins the phrase junk food in 1972 as slang for foods of useless or low nutritional value. Junk food is also referred as HFSS (High fat, sugar or salt). The number of fast food restaurants and chain is increasing because people around the world like to eat junk food. USA, Canada, Britain, Australia, Japan, Sweden etc. are the countries with most junk food consumption around the world. The junk food advertising is also play a great role in junk foods popularity along with their simplicity to manufacture, consume and versatile taste. This book provides an insight on popular junk good culture, reasons of the popularity of junk food, consequences of consumption of junk food on health. The book covers the types of junk food available in market of different countries, reasons of preferring home cooked food over junk food, problems associated with junk food, interesting facts of junk food, regulations regarding junk food by WHO and other countries, marketing facts about junk...

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