**What we  eat greatly affects our overall health. We live in a world where food corporations dominate. These corporations have an important pocket and money to enter, and not our health.  Obesity is a modern disease and is a direct result of the eating culture. ״Junk food" -food that has low nutritional value .It's hard to resist temptation and not to eat junk food, but with age you should be wary of consuming this kind of food because it has an unhealthy effect on our body.  How really can junk food damage our body?**

**In this article you will understand why you should cut back on junk food. ״Junk food" contains a lot of saturated fat, this kind of unhealthy fat, while digestion are released many toxins that are not good for your body.   Sometimes junk food contains ingredients that are not very clean. Which can in the future cause damage to the stomach, liver and intestines. ״Junk food" does not contain vitamins and minerals, and it seems that many of the nutrients are not cooked adequately .**

**The body does not get the minerals and vitamins it needs, the vitamins and minerals that are responsible for the health of junk food and the immune system that is supposed to fight disease. As a result, the person who consumes this type of food tends to suffer from more illnesses. "Junk food" causes weight gain. People who are obese or obese are the ones who have priority for junk food and snacks.**

**Also, junk food can cause diabetes, because in this type of food there are many sugars. You will also be more vulnerable to heart disease and blood pressure, because of the salt and the many fats found in junk food. The packaged junk food contains preservatives and food coloring, known as carcinogens.  In the long run, junk food accelerates the aging process. People show signs of aging faster as a result of eating this food. This is because a regular consumption of junk food exposes the body to a nutritious diet, the result - the release of free radicals, the same radicals that cause aging.**

**“Junk food" is especially typical for children, adolescents and young adults, which can leave a mark on their future health .The main factor that attracts people to eat "junk food" is taste. We need to eat delicious food but at the same time healthy and nutritious, with a combination of fruits and vegetables.**

 **In conclusion, the next time you eat junk food, think about the future effects it will have on your health**