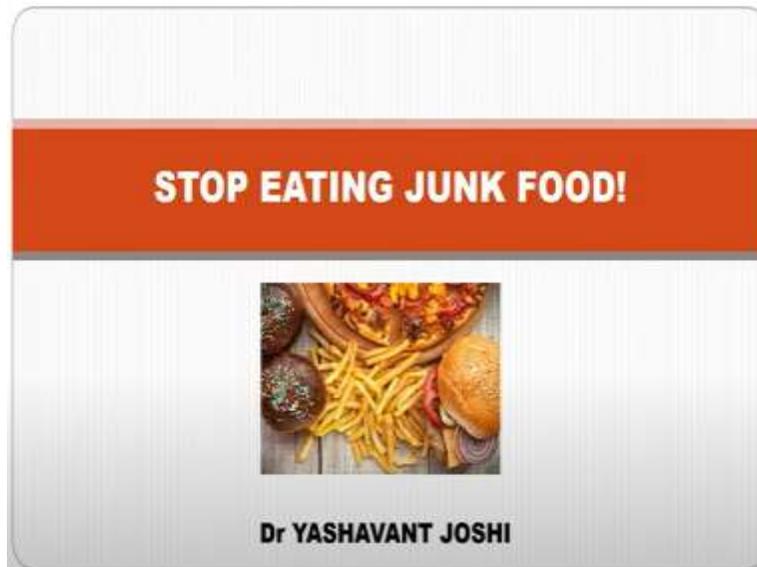


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Week-09
Lecture 70: Stop Eating Junk Food!

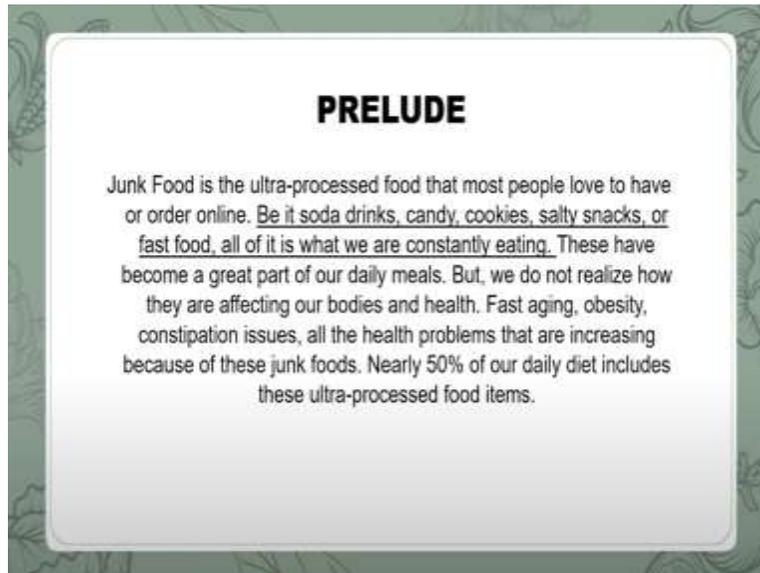
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Hello friends, we all like to have junk food, don't we? Any occasion, whether it's a birthday, it's a celebration, someone has passed out college or an important exam, birthday, anniversary, new year party, we love to gorge on junk food. Ever wondered the word itself is junk? What does it mean? Junk is trash. What if someone gives food picked up from the trash? Would you like to consume it? I'm sure no. But then what's the basic reason that we are all inclined to eating to junk food? Whether it is meeting friends after a long time or we just want to relax after a long day of work, we resort to junk food. We all know that junk food is actually bad for our health and it plays havoc with the system. We don't even think twice before just grabbing a packet of French fries, a burger or momos or pizza or whatever.

But do we understand that what kind of bad role it is actually putting on our bodies? What kind of immense stress the body has to go through in order to digest this so-called junk food? So, today we will learn about why junk food is bad and why it is important to stop eating junk food.

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Junk food is the ultra processed food that most people love to have or order online. Be it soda drinks, candy, cookies, salty snacks or fast food, all of it is what we are constantly eating. These have become a great part of our daily meals, but we do not realize how they are affecting our bodies and health.

Fast aging, obesity, constipation issues, all the health problems that are increasing because of these junk foods. Nearly 50% of our daily diet includes these ultra processed food items.

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Very common things we generally include chips, sweets like gujiyas, we are very fond of them. But again, I would emphasize, think before you eat, whether taste is important or health, because the kind of time we are living in, we are falling more sick and sick. Even the age at which a person is falling sick is also reducing.

Earlier we used to hear that someone has had a heart attack or diabetes at the age of 60, 65 or 70 years unfortunately because junk food is now an integral part of our daily life we have seen that children teenagers as early as 12, 13, 14 years of age they are also falling a prey to non-communicable diseases such as diabetes, weight gain, high blood pressure issues and the list is endless.

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Stop eating junk food. There is nothing wrong in enjoying these tiny bits of processed foods that are your favourite but you need to make sure that these do not become your daily habit. Baked goods, chips, biscuits, ice cream, different medium oils and temperatures are used to create these junk foods which are harming your body at any time of the day. Consuming it too often can not only impact your physical health but also gradually cause a negative impact on your mental health.

For example, if you have a diet plan that includes 70% processed or junk food, you must surely be diagnosed with obesity, fatty liver, depression, heart problems, high blood sugar or other health issues. If you have come this way to understand how you can put a halt to this practice of constant junk food habit, we have some of the best effective methods that can help achieve this goal. Follow the below listed tips that can help you eat less junk food.

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This picture is actually as addictive. I am sure you must be wanting to eat this.

But today's session, today's class is actually to make you help learn how to say no to such foods.

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1. Try to Cook at Home

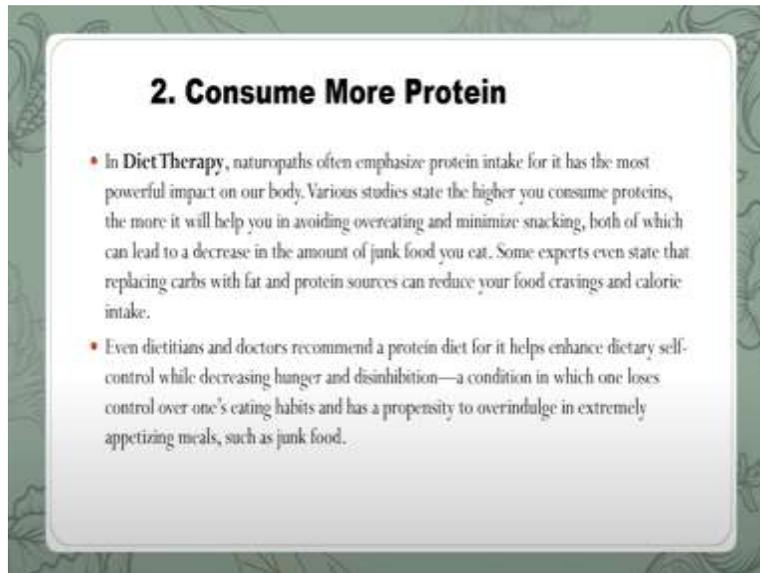
- Making food on your own is the best way to cut back on junk food. We get what most people would think, "Why do the hectic job when you can order the same online?" All because you would get to know the ingredients more closely and their benefits as well. Convenience foods like donuts, drinks, and fast food are quick to order, but at the same time, quick to damage your tissues.
- Cooking at home can limit your reliance on convenience foods and ensure a healthy meal. Several studies have found that when you cook a meal on your own, you choose to add fruits and vegetables that are better quality and less fat food. Thus, it lowers your obesity rate compared to other people who often dine out. Also, you tend to save a lot of money, almost 50%.
- If you are new to cooking or have zero experience, still give it a try. Start with preparing one or two meals on a weekly basis and make it a good habit.

Try to cook at home. Gone are the days when we used to carry packed tiffins our mother used to give us. These days, everything is just a mobile click away. Because of all the food delivery apps, ordering food has become very easy.

Making food on your own is the best way to cut back on junk food. We get what most people would think. Why do the hectic job when you can order the same online? All because you would get to know the ingredients more closely and the benefits as well. Convenient foods like donuts, drinks, fast food are quick to order but at the same time quick to damage your tissues also. Cooking at home can limit your reliance on convenience foods and ensure a healthy meal.

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Consume more protein. In diet therapy, naturopaths often emphasize protein intake for it has the most powerful impact on our body. Various studies state that higher you consume proteins, the more it will help you in avoiding overeating and minimize snacking. Both of which can lead to a decrease in the amount of junk food you eat. Some experts even state that replacing carbs with fat and protein sources can reduce your food cravings and caloric intake.

Even dietitians and doctors recommend a protein diet for it helps enhance dietary self-control while decreasing hunger and disinhibition, a condition in which one loses control

over one's eating habits and has a propensity to overindulge in extremely appetizing meals such as junk food.

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Now you can see a pic. This food does not have much proteins and if we are continuously filling ourselves with such kind of junk food, one day we will definitely be deficient of protein. Protein has many important functions in our regular day to day life and a dependency on such kind of junk foods will cause deficiency of protein.

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3. Regularly Fuel Your Body

- Although severely restricting your food intake or depriving your body of calories may seem like an effective way to encourage weight loss or avoid eating junk food, they can really have the opposite impact. The calories and cravings relationship is a bit complex, skipping meals directly will make you eat more. Your brain won't be able to control the increasing cravings and eat more snacks.
- It is best to take one step at a time. Plan your meals with nutrient-dense, protein-rich foods and slowly take over cravings. This will help you further maintain a healthy calorie intake.

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Now this is a picture of a samosa and a kachori and I'm sure you must be tempted to eat. But a suggestion, think before you eat. Sometimes a craving is okay and to satisfy that is also justified.

But if this practice of giving into taste buds continues over a long period of time, it can lead to calorie increase which can lead to weight gain and a deficiency of protein. So think wisely before you choose anything to eat.

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Go in for filling foods. By eating less healthy food, we are in constant need of another meal. Rather than fighting this battle on your own, try to learn how the different meals affect your body and hunger levels.

This way you will be able to create a better diet plan and reduce junk food intake. The majority of junk food items are poor in satiating elements like fiber, protein and healthy fats but definitely they are high in calories. Particularly crucial for satiety are protein and fiber which make your body feel fuller after eating. So, instead of reaching for junk foods again and again, take some time and figure out what your body needs. Try to understand the impact of different ingredients on your mood, hunger and diet.

For example, you will feel significantly fuller after eating a higher protein, higher fibre breakfast like egg pieces and a side of fruit with an unsweetened coffee. This may help curb cravings for junk food later in the day.

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Now look at this picture again. This might sound tasty.

This might be attractive. But is it healthy or balanced? Is this kind of food give you enough amount of protein and fiber? I leave it for you to think.

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5. Sleep Well

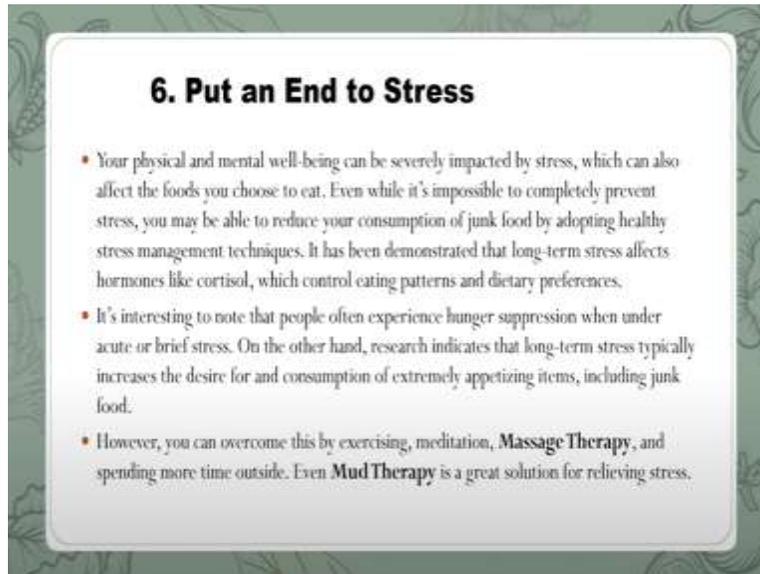
- Health depends on getting enough sleep, and not getting enough sleep can have a bad effect on your eating habits and make you crave junk food more. Lack of sleep and disturbed sleeping patterns can also increase your food cravings. Since you will be awake all night, you will keep munching foods high in carbs and fat, resulting in overweight issues. Hence, to promote and protect overall health, it is best to get yourself seven to nine hours of daily sleep.

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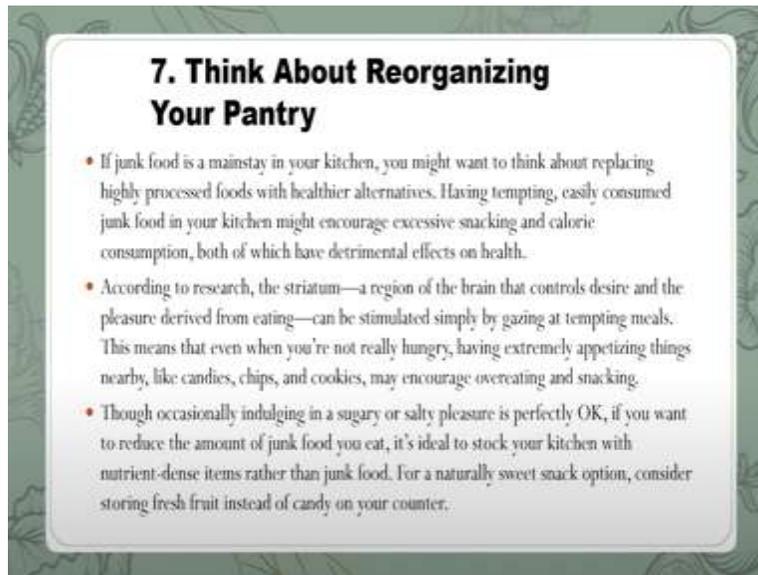


Put an end to stress Your physical and mental well-being can be severely impacted by stress, which can also affect the foods you choose to eat. Even while it's impossible to completely prevent stress, you may be able to reduce your consumption of junk food by adopting healthy stress management techniques. It has been demonstrated that long-term stress affects hormones like cortisol which control eating patterns and dietary preferences. It's interesting to note that people often experience hunger suppression when under acute or brief stress.

On the other hand, research indicates that long-term stress typically increases the desire for and consumption of extremely appetizing items including junk food. However, you can overcome this by exercising, meditation, massage therapy and spending more time outside. Even mud therapy is a great solution for relieving stress. And this picture is also very appealing. And it is a very normal thing to give in to such food items when we are stressed.

And we look forward to eating such food items which are not nutrient dense, high in calories, low in protein and fiber. A regular consumption of these food items can actually rob nutrients from your body and make you fall sick quite often.

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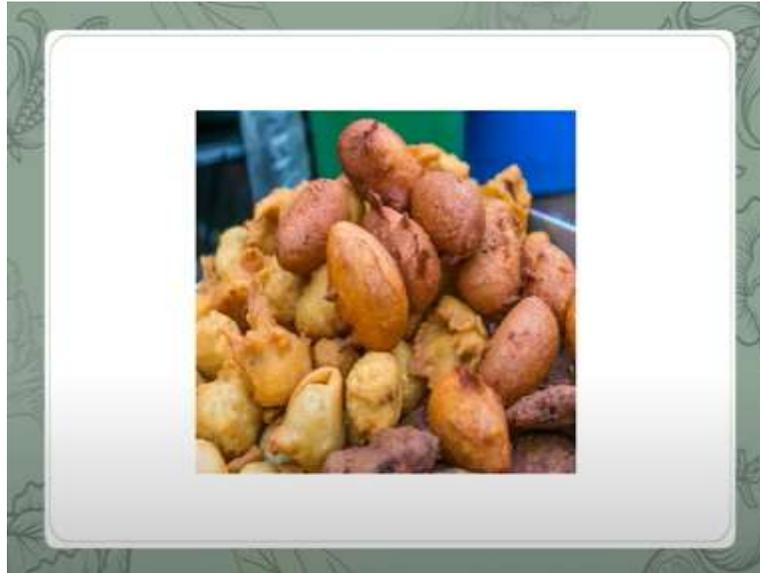
7. Think About Reorganizing Your Pantry

- If junk food is a mainstay in your kitchen, you might want to think about replacing highly processed foods with healthier alternatives. Having tempting, easily consumed junk food in your kitchen might encourage excessive snacking and calorie consumption, both of which have detrimental effects on health.
- According to research, the striatum—a region of the brain that controls desire and the pleasure derived from eating—can be stimulated simply by gazing at tempting meals. This means that even when you're not really hungry, having extremely appetizing things nearby, like candies, chips, and cookies, may encourage overeating and snacking.
- Though occasionally indulging in a sugary or salty pleasure is perfectly OK, if you want to reduce the amount of junk food you eat, it's ideal to stock your kitchen with nutrient-dense items rather than junk food. For a naturally sweet snack option, consider storing fresh fruit instead of candy on your counter.

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This picture is again tempting. Even if we have had a proper lunch or a meal and someone serves us, we would tend to give in. Why? Because it is appealing and tasty. So this is how mind plays with us. Try and train your minds to have more nutrient dense food rather than just giving in to consume junk food.

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8. Do Not Begin with Strict Diet Plans

- Excessively restrictive diets can have a bad effect on your relationship with food and be harmful to your general health. Adhering to extremely restrictive diets might result in yo-yo dieting, which is a dangerous cycle of weight loss and gain. Yo-yo dieting has been connected not just to a longer-term increase in weight gain, but also to an increased chance of developing health issues like diabetes, hypertension, and metabolic syndrome.
- Furthermore, the majority of fad diets are extremely strict and impose strict requirements like cutting back significantly on carbohydrates or completely avoiding added sugar. Strictly avoiding some foods and labeling others as "off limits" might make people crave those items more, which can result in overindulgence and a negative connection with food overall.
- Whether your goal is to shed extra pounds or just improve your diet, you usually don't need to adhere to an extremely tight eating schedule. Try switching to a more nutrient-dense, well-rounded eating pattern that has been associated with favorable health outcomes, like a plant-centric or Mediterranean-style diet, rather than trying out the newest diet craze. These eating habits don't entail rigid dietary guidelines; instead, they place an emphasis on foods like fish, legumes, and vegetables that are high in protein and fiber that promote fullness and reduce cravings.

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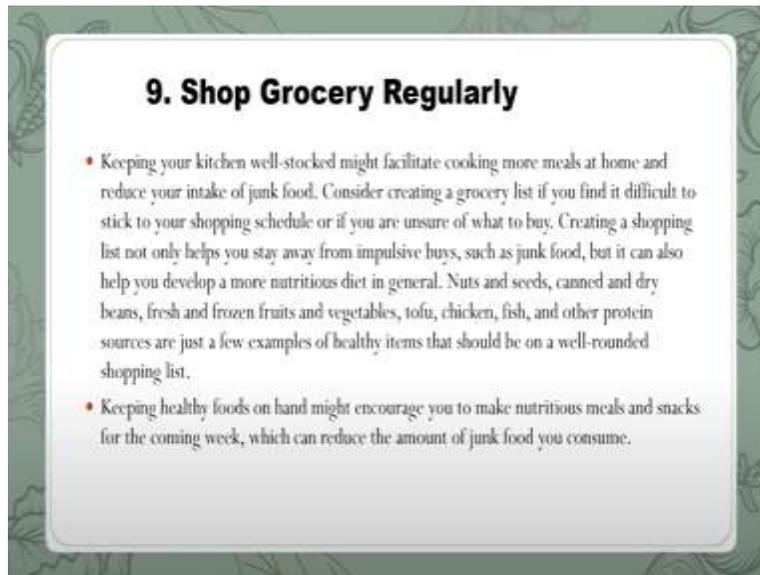
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Again, this picture will make you to just give in to this.

It's very hard for us to actually curb our cravings. After a proper breakfast or a meal if someone gives you this would you tend to give in immediately or now after learning from the session would you just give yourself a minute to think actually what are you eating or what kind of fuel you are giving to your body.

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Shop grocery regularly. Keeping your kitchen well stocked might facilitate cooking more meals at home and reduce your intake of junk food. Consider creating a grocery list if you find it difficult to stick to your shopping schedule or if you are unsure of what to buy.

Creating a shopping list not only helps you stay away from impulsive buys such as junk food or processed food, but it can also help you develop a more nutritious diet in general. Nuts and seeds, canned and dried beans, fresh and frozen fruits, vegetables, tofu, chicken, fish and other protein sources are just a few examples of healthy items that should be on a well-rounded shopping list. Keeping healthy foods on hand might encourage you to make nutritious meals and snacks for the coming week, which can reduce the amount of junk food you consume.

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Now look at this picture. If we have to cook at home or if we have to make a grocery list, would we like to place things like that on a grocery list? I am sure not.

So, making a grocery list helps you choose whatever food items you want to buy very wisely and it can reduce the chances of eating or consumption of junk food.

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CONCLUSION

- A significant amount of people's diet consists of junk food. It is important to limit junk food intake as much as possible because eating junk foods, such as soda, candy, and sugary baked goods, too frequently can be harmful to health.
- If a large portion of your diet consists of junk food, there are strategies to reduce your intake: cooking more meals at home, eating more protein, selecting more satisfying foods, and controlling your stress levels, to name a few.
- Although giving up junk food entirely is usually not essential, eating a diet that emphasizes items linked to better health, such as satiating protein sources and produce high in fiber, can help you make healthier decisions, like consuming less junk food.

To conclude, a significant amount of people's diet consists of junk food. It is important to limit junk food intake as much as possible because eating junk foods such as soda, candy, sugary and baked goods too frequently can actually be harmful to health. If a large

portion of your diet consists of junk food, there are strategies to reduce your intake. Cooking more meals at home, eating more protein, selecting more satisfying foods and controlling your stress levels to name a few.

Although giving up junk food entirely is usual, not essential, eating a diet that emphasizes items linked to better health such as satiating protein sources and produce high in fiber can help you make healthier decisions like consuming less junk food. So I'm sure today you have learned the detrimental effects of junk food and after this session, I am sure that you will try and consume less junk food, encourage other people, your friends, people in the neighboring society, at your workplace to encourage them also to not to give into junk food so easily. Thank you.