



# Junk Foods, Their Ill Effects on Human Health and Measures of Their Regulation

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**ABSTRACT :** The aims of present study were to elucidate the ill effects of junk foods on human health and the measures of reduction of their effects. The junk foods are used by most of peoples due to their tastes and flavours and advertisements otherwise these food items are not good for health. The intake of junk foods (zero nutritional values) leads to several disease to different body parts and organs like teeth and skin, liver, kidney and heart. Some studies concluded that prolonged use of these items can cause cancers or brain disease. It has been revealed that consumptions of junk foods have influences on body similar to that of drugs; consumers may be addicted to these food items like addiction of cocaine. To decline the ill effects of these foods on human health, we should avoid these items and should prefer the home made and healthy foods, fruits and vegetables. We should choose the diet or food having proportioned carbohydrate, protein, vitamins, minerals, and water. We should follow precautions and prepare food in such manner so that it vitamin remain in food because most of them vitamins are resolved in water and destroyed in heat. Government should ban the junk food producing industries or control the production of such foods by legislation, by imposing tax, by awaring the peoples about bad effects of same foods.

**KEY WORDS :**

Junk foods, Ill effects,  
Human health

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