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Unhealthy Foods - A Review

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Abstract: ***Foods which are not regarded as being favourable to maintaining health is referred as unhealthy foods. The unhealthy foods are exposed in different forms as junk foods, fast foods, processed foods, ready to eat foods, conventional foods and canned foods. Something useless, old and harmful to health are considered as cheat foods under unhealthy foods. The usage of these cheat foods become popular in this busy world due to quick & easy accessibility and became alternatives to time consuming food preparation methods, appealing or enjoyable but of little or no real value. There are many methods and ingredients which are making the foods unhealthy. Being focused towards the career oriented and goal reaching stage by the people, these unhealthy foods are getting more pampered and got a prioritized level in this unhealthy food lifestyle of modern era, which was resulted in many effects on health such as metabolic disorders, heart diseases, mental decline, improper growth and development, depression, nutritional deficiencies due to the regular consumption of less nutritive valued, artificial foods. Promoting the awareness to people on different unhealthy foods to identify them, its health effects and problems, facts of unhealthy foods, good alternatives to avoid and healthy substitutes to unhealthy foods, dealing with the emotional eating by creating a disciplined new healthy eating habits helps a lot in changing to obtain a hassle free fit and healthy life style through diet.***

Keywords: Processed foods, Conventional foods, Unhealthy foods, Healthy life style, Fast food consumption, Metabolic disorders, Nutritional deficiency

I. INTRODUCTION

Any food that is not regarded as being conducive to maintaining health is known as Unhealthy foods. These unhealthy foods include "fats" (especially of animal origin), "fast foods" (which are low in fibre and vitamins), foods high in salt and tropical oils (e.g., fried potato crisps), cream based (white) sauces (which are high in fat), vegetables and fruits grown using pesticides[1].

A. Types of Unhealthy Foods

1) Junk foods
2) Fast foods
3) Processed foods
4) Ready to eat foods
5) Conventional foods
6) Canned foods

B. Junk Foods and Fast Foods

1) *Origin:* The term junk food dates back at least to the early 1950's , although coinage has been credited to Michael F.Jacobson. The term junk is nothing but the CHEAT FOOD''. The exact meaning of junk is 'Old and used things that have little values and that do not want any more' i.e., is something useless or old[2][6].
2) *Junk Food:* Junk food is unhealthful food that is high in calories from sugar or fat, with little – dietary fiber, protein, vitamins, minerals, or other important forms of nutritional value and it is something that is appealing or enjoyable but of little or no real value. Precise definitions vary by purpose and over time. Some high protein foods, like meat prepared with saturated fat, may be considered junk food. The term HFSS foods is used synonymously. Fast foods and fast food restaurants are often equated with junk food, although fast foods cannot be categorically described as junk food[2][6].
3) *Fast Foods:* Fast foods are characterized as quick, easily accessible and cheap alternatives to home cooked meals, designed for ready availability, use or consumption and with little consideration given to quality or significance. They also tend to be high in saturated fat, sugar, salt and calories. Fast food is a commercial term limited to food sold in a restaurant or store with frozen, preheated or precooked ingredients, and served to the costumers in a packaged form for takeout / take away.

Fast food and junk food aren't interchangeable terms and using them as such confuses a person who wants to eat healthy. Not all fast food is bad, and some junk food isn't really fast as well[3].

E.g: A salad is fast food as well, and that is sure to be healthy if it doesn't include any processed products or fat seasonings. Even veggie pizza seasoned with non processed tomato sauce and olive oil is healthy.

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C. Junk Food Facts

1) Junk food makes to eat more.
2) Fried and processed food, particularly fast food, contains high amounts of oxycholesterol. Oxycholesterol is a little known type of cholesterol which may prove to be the lethal to the heart health. A healthy diet rich in antioxidants can counter these effects.
3) Fat from certain foods including ice cream and burgers goes straight to the brain and tells to eat more, research reveals.
4) Junk food creates changes in brain chemicals that encourage overeating, research found.
5) It triggers messages that are sent to the body's cells, warning them to ignore appetite – suppressing hormones that regulate our weight.
6) The effect can last for a few days sabotaging efforts to get back to a healthy diet afterwards, the study found.
7) The study shows for the first time how particular products can create a vicious cycle of food bingeing.
8) Someone's entire brain chemistry can change in a very short period of time. On eating something high in fat, brain gets hit with the fatty acids, and become resistant to insulin and leptin. Since it is not being told by the brain to stop eating, makes the person to overeat.
9) The hormone leptin is produced in the brain and suppresses hunger while insulin is produced by the pancreas and regulates blood sugar levels.
10) In diabetes research it is known that a high fat diet can cause insulin resistance, little has been known about the mechanism behind it or whether specific types of fat are most dangerous.
11) Junk foods provide empty calories.
12) The more highly processed items usually fall under the junk food category including breakfast cereals that are mostly sugar or high fructose corn syrup and white flour or milled corn.
13) There is a nutrient profiling to define junk food by a food scores ''A'' and ''C''. Foods are scored for "A" nutrients with energy, saturated fat, total sugar and sodium and "C" nutrients for fruits, vegetables and nut content, fiber and protein. The difference between A and C scores determines whether a food or beverage is categorized as HFSS (high in fat, salt and sugar; a term synonymous with junk food.
14) The junk food label is described as nutritionally meaningless: if there is zero nutritional value, then it isn't a food.
15) CRACKER JACK, the candy coated popcorn and peanuts confection, is credited as the first popular name brand junk food; it was created in Chicago, registered in 1896, and became the best selling candy in the world 20 years later.
16) Annual National Junk food day on July 21.
17) Both physiological and psychological factors are cited for junk food's appeal. Food manufacturers spend billions of dollars on research and development to create flavor profiles that trigger the human affinity for sugar, salt, and fat. Consumption results in pleasurable, likely addictive, effects in brain.
18) There are variations in food perception according to socio economic status. Poor eat more junk overall than the other. Economically challenge', don't perceive healthy food much differently than the any other segment of the population.
19) In an attempt to reduce junk food consumption through price control, forms of taxation have been implemented. Targeting saturated fat consumption, Denmark introduced the world's first fat food tax in October 2011, by imposing a surcharge on all foods, including those made from natural ingredients, that contain more than 2.3 percent saturated fat, an unpopular measure that lasted a little over a year. Hungary has imposed taxes on foods and beverages high in added sugar, fat and salt. Norway taxes refined sugar, and mexico has various excises on unhealthy food[4][5][6].

II. INGREDIENTS THAT JUNK FOOD CONTAIN MAKING UNHEALTHY

With the advent of the 21st century, a race has truly progressed towards newer things in human history and have minds to its potential to make this world a lot more connected. However, as there is a flip side to every positive thing, to all the developments around us, there is a flip side to it too – our life as a whole has turned into a continuous, unstoppable race where all of us are running towards the next goal after reaching one. Due to this lifestyle that has become synonymous to modern times, food habits have been the most affected. We have always been called the fast food generation because we rarely have time to eat a proper meal and this is replaced by junk food that we eat/consume all day. However, junk food brings with it problems of its own.

Not all junk food is the same, but the ingredients in junk food tend to be similar. Basically, junk food, whether it is fried food, chocolate, candy, or baked foods, tends to be high in calories and contain too much of some generally unhealthy nutrients.

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Although junk foods are very tempting to the palate and hit the exact points of our sensory lobe quick, we also end up with the one being slowly pulled more and more towards it. Therefore, it is very important to spread the message about the ill effects of junk foods. Here are the harmful substances that junk foods contain[8][9].

A. FAT

Nutritionists have been saying for years that high fat diets are unhealthy. While some fat is necessary (about 60 – 65g a day), many types of junk food are loaded with fat. Frying foods or adding chocolate may make food delicious, but also adds lots of fat to a food. The dangers of excess fat in the diet include weight gain or obesity, heart disease, and diabetes[8][9].

B. Saturated Fat

This type of fat also leads to weight gain, but it is also dangerous in that it increases the amount of bad cholesterol in the blood which leads to plaque build up in the arteries. Clogged arteries can lead to heart disease or stroke. Saturated fat also interferes with the hormones that tell the stomach is full [8][9].

C. Sodium

Processed junk food contains a lot of sodium. The problem is most of the sodium in our diet can be found in processed foods, such as various sauces, fast food, canned vegetables, soups, and cured or reserved meats. Eating too much sodium can lead to water retention and increased blood pressure, causes the kidneys and heart to work harder. Excess salt intake may increase risk of stomach cancer, as too much of salt can harm stomach lining [8][9].

D. Sugar

Sugars occur naturally in foods like fruits and dairy products, but many junk foods have added sugar. The American Heart Association recommends that women eat no more than 100 calories from added sugar. This translates into about six teaspoons of added sugar for women and nine teaspoons for men. Too much sugar can lead to weight gain, cavities, and increased levels of triglycerides, which can be a risk factor for heart disease. A serving of Oreos (4 cookies) has 3.5 teaspoons of sugar, while a can of coca-cola has nearly 10 teaspoons of sugar. Eating lots of sugary foods are more likely to cause to gain weight, which increases risk of cancers due changes in hormone levels[8][9].

E. High Fructose Corn Syrup

The extra refining processes involved in the creation of the syrup makes it unhealthier for body, but regardless, it is still roughly equivalent to sugar nutritionally. This is a cheaper alternative to cane and beet sugar. This means that calories from high fructose corn syrup should be combined with white sugar to make up the 100 to 150 calories from added sugars. HFCS is found in most sodas, cookies, many sugary cereals, and most types of processed junk foods. HFCS potentially contributes to obesity, cardiovascular disease, diabetes, and non-alcoholic fatty liver disease [8][9].

F. Trans-Fat

Also known as “partially hydrogenated oils” or “trans fatty acids”, this type of fat is frequently found in fried foods. Trans-fats are cheap and enhances foods taste, texture, and shelf life of many processed foods but they also raise bad cholesterol (LDL) level while lowering good cholesterol (HDL) levels [8][9].

G. Artificial Sweeteners

Many junk food products today that market themselves as “diet” or “sugar-free” are using artificial sweeteners to cut out some sugar and save some calories. While they don’t have some of the side effects of sugar, like tooth decay and lots of calories, they are still processed chemical additives. These include aspartame, saccharin, sucralose, acesulfame-k and more. They are 30 to 8000 times sweeter than sugar resulting fewer calories than table sugar. They have been associated with a negative impact on metabolism, and some have been linked to obesity, IBS, brain damage, cancer, headaches, dizziness, and hallucinations [8][9].

H. Artificial Colors

Artificial colors are used to enhance the color of the food and make it look a lot more appealing, but these colors host a rainbow of risks: some of them have been linked to various health issues, such as allergic reactions, fatigue, asthma, skin rashes, hyperactivity, headaches, and they are also linked to various types of cancers.

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Artificial colors are found in many processed foods, such as candies, beverages, pet foods, baked goods, cereals and even medications. These are nothing but just chemicals, pure TOXINS to body [8][9].

1) *Examples:* Blue#1 (Brilliant Blue), Blue#2 (Indigo Carmine), Citrus Red#2, Green#3 (Fast green), Red#3 (Erythrosine), Red#40 (Allura Red), Yellow#5 (Tartrazine) and Yellow#6 (Sunset Yellow).

I. Monosodium Glutamate (MSG)

This is a processes flavor enhancer that can be found in Chinese food, restaurant food, salad dressing, chips, crackers, sausages, processed meats, dips, frozen meals, soups and more.

MSG consumption has been linked to various health issues. Such as: brain damage, liver inflammation, learning disabilities, obesity, headaches, nausea, asthma, change in heart rate and various other diseases [8][9].

J. Artificial Preservatives

There are various types of preservatives which prevent spoilage and food poisoning and prevent mold growth. The intent of preservative use is well meaning, because they prevent botulism, mold and bacteria, which gives products a longer shelf life and protect people from illness, however many preservatives have dangerous side effects and are potentially carcinogenic, can cause hyperactivity, hormonal changes, liver damage, nervous system damage and many other health problems.

1) *Examples:* butylated hydroxyanisole (BHA), butylated hydrozytoluene (BHT), tertiary butylhydroquinone (TBHQ), sodium benzoate, potassium bromat (typically used as a flour improver E924). Sodium nitrates and sodium nitrites are other preservatives which are added to processed and cured meats to preserve color, and extended shelf life. Unfortunately, these compounds can be converted to nitrosamines, which are potentially carcinogenic chemicals [8][9].

K. Artificial Flavors

These are chemical mixtures that imitate natural flavors. These are find in artificially flavored jellies, soft drinks and candies. These are made of a similar taste base, but have dramatically different flavors due to the use of different scents or fragrances.

Many artificial flavorings are derived from petroleum, and most artificial flavors actually contain many chemical ingredients, not just one, and many of those chemicals are volatile.

1) *Example:* brominated vegetable oil (BVO) is primarily used to boost flavor and help emulsify citrus-flavored soft drinks. Artificial flavors have been linked to brain and nervous system damage, cancer, nausea, headaches, dizziness, allergic reactions, dermatitis, eczema, hyperactivity, asthma and much more [8][9].

L. Refined Grains

A refined grain is made by processing a natural, whole grain so that some or most of the nutrients are lost. When a whole grain is refined, both the bran and germ are removed, including all the fiber, vitamins, and minerals.

Refined grains are also easy to digest and increase blood sugar and insulin levels, which can lead to all sorts of health problems. Replace processed grains with whole grains, like brown rice, whole meal pasta, whole wheat breads, barley and oatmeal [8][9].

M. Calories

This word is almost equal to a nightmare. With reduced physical activity and more mental pressure: the only way to keep ourselves fit and fine is by monitoring our calorie intake. But packaged food comes with a high supply of calories and no fibre. Neither has it helped in filling the stomach nor is it healthy [8][9].

III. IS IT EVER OK TO EAT UNHEALTHY FOODS?

Everyone loves junk and fast foods, and its ok in small amounts every now and then. The ingredients in junk food can be present in unhealthy quantities, while they also lack many necessary vitamins and minerals.

Moderation is key and fresh, healthy foods are always a better choice.

A. Effects of Unhealthy Foods

The dark side of junk foods is not an unknown fact. Both body and mind can suffer from junk foods effects. Diabetes, heart disease, obesity, depression, and mental decline can result from the wrong choices. Regular consumption of junk foods even for few days can lead to a mental down. On consuming more junk food, its less likely to consume the essential nutrients that body relies on.

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Here are a few things that eating junk food regularly can affect the body:

1) *Memory and Learning Problems:* A poor or toxic diet can cause certain chemical reactions that lead to inflammation in the hippocampus area of the brain which is associated with memory and special recognition. Diets that are high in sugar and fat can suppress the activity of a brain peptide called BDNF (brain-derived neurotrophic factor) that helps with learning and memory formation. Moreover, the brain contains synapses which are responsible for learning and memory. Eating too many calories can interfere with the healthy production and functioning of these synapses [10][11][12].
2) *Increases the risk of Dementia:* Insulin is produced in the pancreas and helps in the transportation of glucose to fuel the body. Insulin is also produced in the brain where it helps in carrying signals between nerve cells and forming memories. Too much fatty food and sweets can substantially increase the insulin levels in our body. Just like in the case of Type 2 Diabetes, with higher levels of insulin, the brain stops responding to this hormone and become resistant to it. This can restrict our ability to think, recall or create memories, thus increasing the risk of dementia. Most scientists refer to Alzheimer's as a form of diabetes of the brain [10][11][12].
3) *Lessens its Ability to Control Appetite:* Excess consumption of trans fats found in fried and processed foods can send mixed signals to the brain which makes it difficult to process what we have eaten and how hungry are. This is probably ending up overeating. Healthy brain functions require a daily dose of essential fatty acids like omega-6 and omega-3. Deficiency of these two elements increases the risk of attention deficit disorder, dementia and bipolar disorder and other brain-related problems. Over consumption of junk food may displace these with trans fats which are harder to digest. Trans fats may cause inflammation in hypothalamus, the part of brain that containing neurons to control body weight. In worst scenarios, the habit of overeating can be similar to drug addiction to an extent that relying on junk foods may activate the pleasure centres of the brain greater than receiving drugs [10][11][12].
4) *Cause Chemical Changes that can lead to Depression:* A lot of studies have shown that eating foods high in sugar and fat actually changes the chemical activity of the brain making it more dependent on such foods. A study conducted at the University of Montreal on mice showed that they suffered with withdrawal symptoms after their regular junk food diet was discontinued. In humans, these withdrawal symptoms can lead to the inability to deal with stress, make feeling depressed and eventually turning back to those foods to comfort and handle these feelings. Also, by consuming too much fast food may lose out on essential nutrients like amino acid tryptophan, the lack of which can increase feelings of depression. An imbalance of fatty acids is another reason why people who consume more junk food are at a higher risk of depression [10][11][12].
5) *Makes Impatient and can cause Uncontrollable Cravings:* Eating a sugary cupcake or doughnut may temporarily spike blood sugar levels making to feel happy and satisfied but as soon as they return to normal makes us left feeling all the more irritable. Fast food is packed refined carbohydrates which cause your blood sugar levels to fluctuate rapidly. If your sugar levels dip to a very low level, it can cause anxiety, confusion and fatigue. With high content of sugar and fats, we tend to eat too fast and too much to satisfy the cravings. This can inculcate an impatient behaviour while dealing with other things. Fast foods and processed foods may be laden with artificial flavourings and preservatives like sodium benzoate that tends to increase hyperactivity [10][11][12].
6) *Inadequate Growth and Development:* Surviving on junk food causes deficiency of essential nutrients and vitamins required for the proper growth and development of the body. Unhealthy eating habits combined with imbalance of fatty acids and required nutrients can hamper the development of brain and other body parts. Excess intake of soda and sugar also causes tooth decay and weakening of your bones. While there is no substitute to proper eating habits and intake of a nutrient-rich food [10][11][12].
7) *Nutrition Deficiencies:* Processing that removes vitamins, minerals and fiber makes junk foods into the sources of empty calories that nutritionists disparage. Children who eat a lot of junk foods may develop nutritional deficiencies that lead to low energy, mood swings, sleep disturbance and poor academic achievement.

B. Sodium - Heart Disease

High sodium levels are a defining characteristic of many junk foods and one of the contributing factors to the over consumption of salt that typifies the Western diet and contributes to high blood pressure and heart, liver and kidney diseases [10][11][12].

1) Decreased energy levels
2) High blood pressure
3) Poor renal function or even kidney disease.
4) Poor mood or mood swings
5) Poor cognitive performance

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6) Increased risk of heart disease
7) Higher cholesterol levels
8) Liver dysfunction or disease
9) Type 2 diabetes Excess weight or obesity
10) Constipation

C. *Unhealthy Foods*

1) Soda – causes Liver, kidney and heart diseases as well as stoke and diabetes.
2) Artificial sweeteners – increase glucose levels and alter gut bacteria in humans, depression, insomnia, alzeimers, liver tinnitus.
3) Energy drinks – contain dangerous amounts of sugar, carbohydrates and caffeine, which can cause heart palpitations, dehydration, headaches, insomnia, high blood pressure. Harmful to bone, muscle, and brain health.
4) Fruit drinks – increase risk of type 2 diabetes as it contains large amounts of high fructose corn syrup.
5) Potato chips – contains trans fats, high salt.
6) Most pizzas – contain highly refined dough, highly processed meat, high in calories.
7) White bread – refined wheat with no fiber, bleaching agent called azodicarbonamide, leads to rapid spikes in blood sugar.
8) Sweetened breakfast cereals – high in added sugar, and are roasted, shredded, pulped, rolled, or flaked contain butylated hydroxy toulene, butylated hydroxianisole, refined carbs, added sugar.
9) Fried, grilled, or broiled food – unhealthiest cooking methods, include acrylamides, acrolein, heterocyclic amines, oxysterols, polycyclic aromatic hydrocarbons, and advanced glycation end products.
10) Pastries, cookies, and cakes – refined wheat flour and sigar with added fats like shortenings. No essential nutrients, high calories, many preservatives.
11) French fries and potato chips – weight gain, hormone imbalance. Contain carcinogenic acrylamides.
12) Low fat yogurt – low in fat but loaded with sugar to compensate for the flavor that fat provides. Don't provide probiotic bacteria. Killed on pasteurization.
13) Low carb junk foods – highly processed and packed with additives.
14) Icecream –high in calories
15) Candy bars – high in sugar, refined wheat flour and processed fats, very low in essential nutrients.
16) Processed meat – causes colon cancer, type 2 diabetes, and heart diseases.
17) Processed cheese – engineered to have a cheese like texture and appearance.
18) Most fast food meals – low in nutrients, unfreshened.
19) High calorie coffee drinks – creamers, syrups, additives, and sugars that are frequently added to coffee are highly unhealthy.
20) Trans fat oils like vegetable shortenings, partially hydrogenated oils like margarine, palm oil.
21) Fast foods
22) Packaged foods
23) Cake frosting – contain sugar and hydrogenated oils, disaster for inflammation levels.
24) Pan cakes – contain high fructose corn syrup, colored caramel
25) Microwave popcorn
26) Frozen meals – contain sodium and food additives.
27) High fructose corn syrup
28) Colas and sodas
29) Ketchups
30) Chemical ingredients like monosodium glutamate, glutamic acid, monopotassium glutamate, natrium glutamate, monoammonium glutamate, yeast extract, gelatin, calcium glutamate, soy protein, magnesium glutamate, calcium carcinate, sodium carcinate, autolyzed yeast, textured protein--- promotes obesity, liver inflammation, headache, allergic reactions, heart palpitations.
31) Maltodextrin – modified food starch
32) Light food and beverages (whole food is always best)
33) Diet colas and sodas – contains high fructose corn syrup, aspartame, caramel color, bisphenol A, aspartame. Risk of dementia and stroke.
34) Packaged diet snacks contain phthalates.

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35) Dough nuts
36) Whipped cream – contains titanium dioxide, propylene glycol.
37) Fatty meats
38) Milkshakes
39) Burger - contains disodium inosinate, artificial flavors.
40) Pasta dishes
41) Chocolate
42) Bottled coffee
43) Movie popcorn
44) Coffee creamers – contain soybean and canola oil
45) Ready to bake foods - contain butylated hydroxy toulene, butylated hydroxyanisole.
46) Brown rice – contain arsenic. Long term exposure causes skin, bladder and lung cancers, heart diseases.
47) BBQ Sauce – contain high fructose corn syrup
48) Diet ice cream – contain polysorbate 80
49) Tacos – contain sodium, fat.
50) Mayonnaise – sodium, sugar, preservative
51) Canned soup hot dogs (sodium phosphate, corn syrup, sodium, sodium nitrate)
52) Chinese foods – saltiest restaurant meal on planet contain high sodium
53) Instant oatmeal – contain hydrogenated soya bean oil, sodium, sugar.
54) Bottled water – contain bisphenol – A
55) Baked foods – contain potassium bromate
56) Dried fruit snacks – contain sulfates, added sugar, fruit juice infusions, veg oil
57) Foods quoted with artificial chocolate – contain polysorbate 60
58) Readymade pickles – contain polysorbate 60, yellow 5, sodium benzoate.
59) Chewing gums – contain sugar alcohols, artificial sweeteners
60) Reduced fat peanut butter – contain sugar, hydrogenated vegetable oil and sugar
61) Sprinkles – contain sugar, hydrogenated vegetable oil, carnauba wax, artificial colors
62) Fruit yogurt – contain sugar, carrageenan (plant based emulsifier) cause inflammation in gastrointestinal tissues
63) Water enhancers – contain sucralose, acesulfame potassium, propylene glycol, yellow 5, yellow 6.
64) Frozen fish and fish products – contain sodium tripolyphosphate.
65) Meat replacement shakes – contain high fructose corn syrup, caramel color, carrageenan, artificial color)
66) Little butter substitutes contain soybean oil, palm oil, mono and diglycerides
67) Sugar free chocolates – contain sucralose, mattinol.
68) Sugar free jams – contain artificial sweeteners
69) Cup noodles – contain lead, sodium
70) Cheetos – contain monosodium glutamate, yellow#6
71) Oreos – contain palm oil, alkali processed cocoa, high fructose corn syrup
72) Instant packet foods – contain cottonseed oil, preservatives, artificial flavors [7][13][14].
73) Indian junk food– Deep fried breads(puries, parathas, kulcha, bhature), Snacks(kachori, tikki, kofta, tikki chole, pakora, bhujia, potato chips, namkeen, pani puri, samosa etc., Korma, Biriyani, and kabuli are high in fat; Indian sweets and desserts(jalebi, imriti, malpua, laddoo, halwa, ghewar, gulab jamun, etc [15].

IV. ALTERNATIVES AND HEALTHY SUBSTITUTES TO UNHEALTHY FOODS

1) The first and often the hardest step in managing a junk food addiction is to cut back on eating junk food. Stop buying junk food at store. Stock up o healthy snacks like yogurt, fruit, unsalted nuts for a craving strike.
2) Water, unsweetened tea or coffee, low fat or fat free milk, and small amounts of 100 percent fruit juices (not every time) are all healthy thirst quenchers.
3) Coconut water is a good choice for rehydrating after a workout as a safe energy booster.
4) Whole grain bread is a better source of fiber and essential vitamins can keep blood sugar and insulin levels steady.
5) Eat a piece of fresh fruit. Otherwise, water is a best bet.

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6) Carrots and celery sticks with air popped popcorn are healthy but still satisfying snack.
7) Adding a slice of lemon to water or soda water can provide a burst of flavor.
8) Homemade pizzas can also be very healthy on choosing whole some flour, and vegetables.
9) Include eggs, sea foods, leafy greens which are naturally low in carbs.
10) Choose breakfast cereals high in fiber and low in added sugar. Even better if making own porridge from scratch.
11) Choose milder, healthier cooking methods, such as boiling, stewing, blanching and steaming.
12) Greek yogurt, fresh fruit, or dark chocolate are best alternatives for desserts.
13) Baby carrots and nuts are crunchy snacks instead of potato chips and French fries. Potatoes are best when consumed boiled, not fried.
14) Choose regular, fill fat yogurt that contains live or active cultures (probiotics). If possible, buy from grass fed cows.
15) Make homemade ice cream using fresh fruit and less sugar.
16) Buy the live meat from local butchers.
17) Buy more veggies and other whole foods instead of highly processed foods.
18) Opt for olive oils or coconut oil.
19) Homemade cakes with raw honey or maple syrup is best choice for pastries.
20) Switch on to Organic vegetables and fruits instead long shelfed conventional foods [16][17][18].

A. *Eating Junk Food*

Junk foods help to ease the stress and anxiety. When in stress, there is an increased need for energy, feel for hunger. Many people seek out junk food as comfort, in order to calm themselves. Junk food also has a positive effect on the reward center in the human brain, making craving to eat junk food more and more [19].

B. *Dealing with Emotional Eating*

Emotional eating, also known as craving food for comfort, is quite a serious problem for many people. These cravings are extremely difficult to control as they are caused by triggers that cannot really be avoided, such as stress, anger, anxiety, or other kind of emotional upheaval. Breaking the habit of turning to food for comfort is hard as unlike with drugs and even smoking, this 'addiction' doesn't deal much irreparable damage to the body and mind. Therefore, dealing with emotional eating requires some finesse and a lot of self-control. The hardest thing is to maintain the motivation necessary to drop the habit [20].

C. *Creating New Habits*

1) *Recognize the Triggers:* Keeping a food dairy that details the feelings and experiences after eating. Note the poor choices and seeing what triggers the decision.
2) *Find Healthy Foods (likes):* Trying different healthy foods and finding the likes. Explore the kitchen by cooking more meals and working with new healthy recipes. Try to motivate by finding ways to enjoy cooking and eating healthy.
3) *Retrain Taste Buds:* Two factors go into food preferences : biology and experience. A bit of likes depends on DNA, but much of it is triggered by what have been eating over the years. Starting to eat healthy is difficult at first. Over time, the taste buds will come to prefer fresh, healthy foods rather than processed, sugary or fried junk food.
4) *Focus the Way of Eating:* On eating more healthy foods, try to eat in a way that encourages good habits. Eat regular meals with healthy snacks available in between. Eat more slowly to recognize fullness. Plan meals ahead of time to encourage good decision making.
5) *Reinforce Good Habits:* Be patient to adjust new eating habits. Set goals and rewards for reaching them [20][21].

V. HEALTHY SNACKS FOR DEALING WITH EMOTIONAL EATING [20][21]

A. Steamed kidney beans or rajma
B. Vegetable sandwich
C. Mixed vegetable oats uttapam
D. Vegetable upma
E. Bread upma with vegetables
F. Panner burji
G. Vegetable frankies
H. Poha with mixed vegetables and peanuts

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I. Sauted moong dhal with vegetables
J. Scrambled egg toast
K. Egg omlette with vegetable
L. Channa chat with vegetables
M. Sauted mushroom toast
N. Puffed rice bhel with vegetables
O. Peanuts with vegetables
P. Roasted almonds
Q. Roasted grams
R. Dry fruit milk
S. Coconut water and fruit
T. Smoothies
U. Bananas
V. Fruit plate

VI. CONCLUSION

Eating Healthy is very important for leading a healthy life style. To avoid unhealthy diet everyone should learn the healthy eating choices. Unhealthy food might be tasty and fast but such lifestyle can bring us many problems. So for everyone to keep fit, we should opt to take more home food which is delicious and healthy.

MODERATION IS THE KEY. So, no one should consume the unhealthy foods beyond limits as this may cause very bad consequences to the health. It can be consumed once in a while like on any occasion.

''AVOID JUNK ; ACCEPT HEALTH"

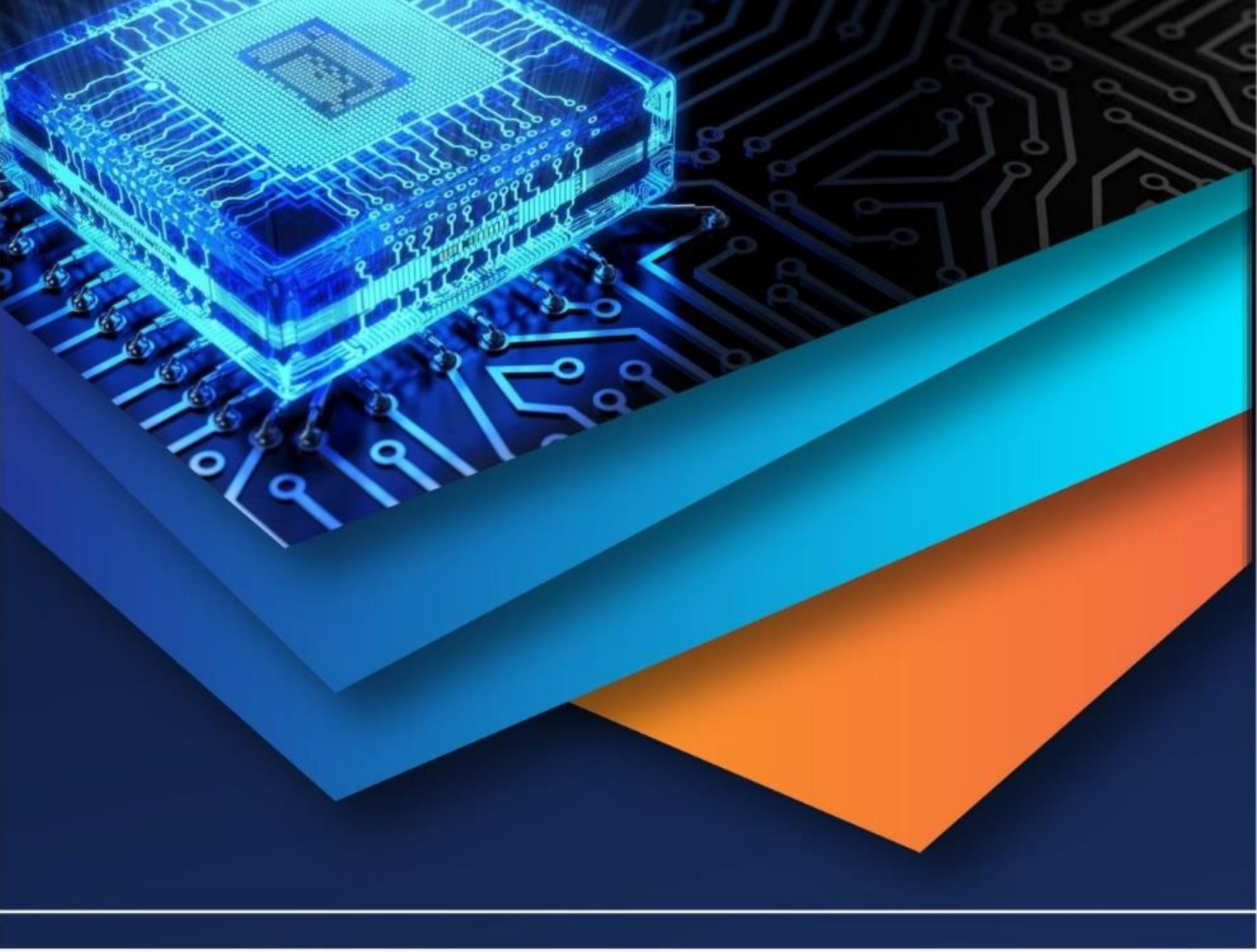
"NO JUNK; KNOW HEALTH"

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