

Theme: 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.




Precise definitions vary by purpose and over time. Some high-protein foods, like meat prepared with saturated fat, may be considered junk food.



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- The term *HFSS foods* (high in fat, salt and sugar) is used synonymously. **Fast food** and **fast food restaurants** are often equated with junk food, although fast foods cannot be categorically described as junk food. Most junk food is highly processed food.



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- Concerns about the negative health effects resulting from a junk-heavy diet, especially obesity, have resulted in public health awareness campaigns, and restrictions on advertising and sale in several countries.
 - ***Junk food*** is a pejorative term, dating back at least to the 1950s.



