

Obesity and junk good: a strong correlation

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Abstract

What is Junk food? - The reasons for its spread and popularity - Its impact on human health - Should we avoid Junk food completely or not ? Foods and drinks with a lot of added sugar, Foods high in salt, Any energy-dense (high calorie) food, Foods high in fat Recognizing Junk food (Food Label) more than 35% of calories from fat (except for low-fat milk) more than 10% of calories from saturated fats any trans fat more than 35% of calories from sugar, sugar more than 200 calories per servings for snacks more than 200 mg per serving for sodium (salt) for snacks more than 480 mg per serving for sodium (salt) for entrees A food with some nutritional benefits is also high in fat or sugar. Associated With Obesity and Other Chronic Diseases: heart disease, type 2 diabetes A food with some nutritional benefits is also high in fat or sugar.

[3rd World congress on Nutrition and Obesity Prevention;](#)
Webinar – October 26, 2020.

Abstract Citation:

Marwa Obaed, Obesity and junk good: a strong correlation, Nutrition Meet 2020, 3rd World congress on Nutrition and Obesity Prevention; Webinar- October 26, 2020.

<https://obesityprevention.nutritionalconference.com/>



Biography:

Marwa Obaed, Online Nutrition Planner, Nutrition advisor, Amman Jordan. She has done Bachelor's degree Field Of Study Nutrition and food processing at Balqa' applied University She was a Trainer at JRF-Building CBOs Capacities at Jordan River Foundation ,Mobilizer at Jeel962 Platform at Tech Tribes, Content Writer at Fog Al-sada Company for Media Production And Case Manager at Questscope.