



**JUNK FOOD**



**Basically, it is anything that is high in calories but lacking in nutrition. Hamburgers, crips, chocolate bars and hot dogs fall into this category.**





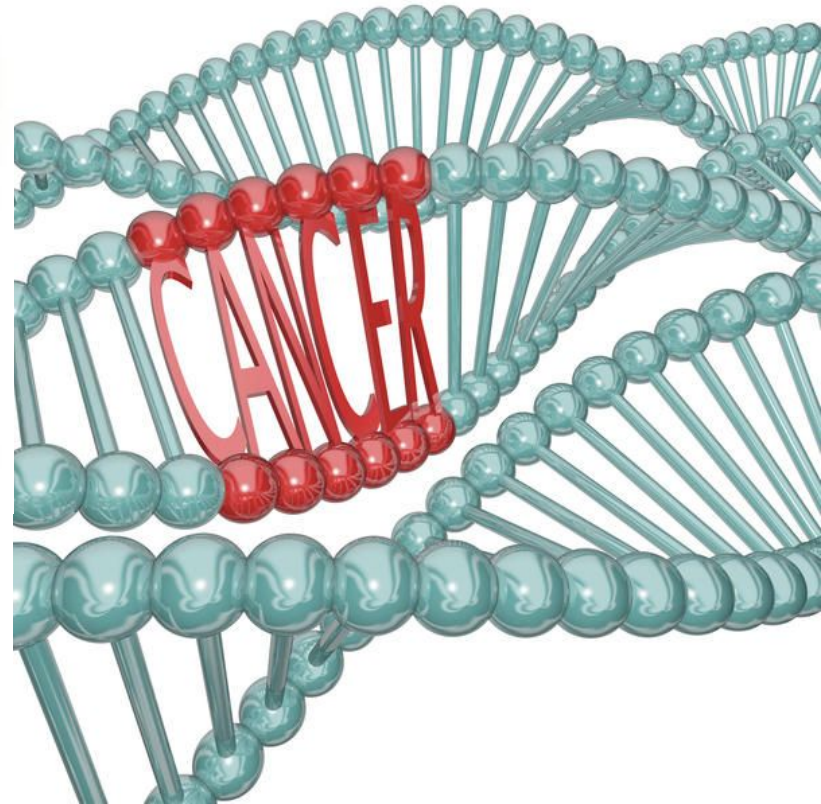
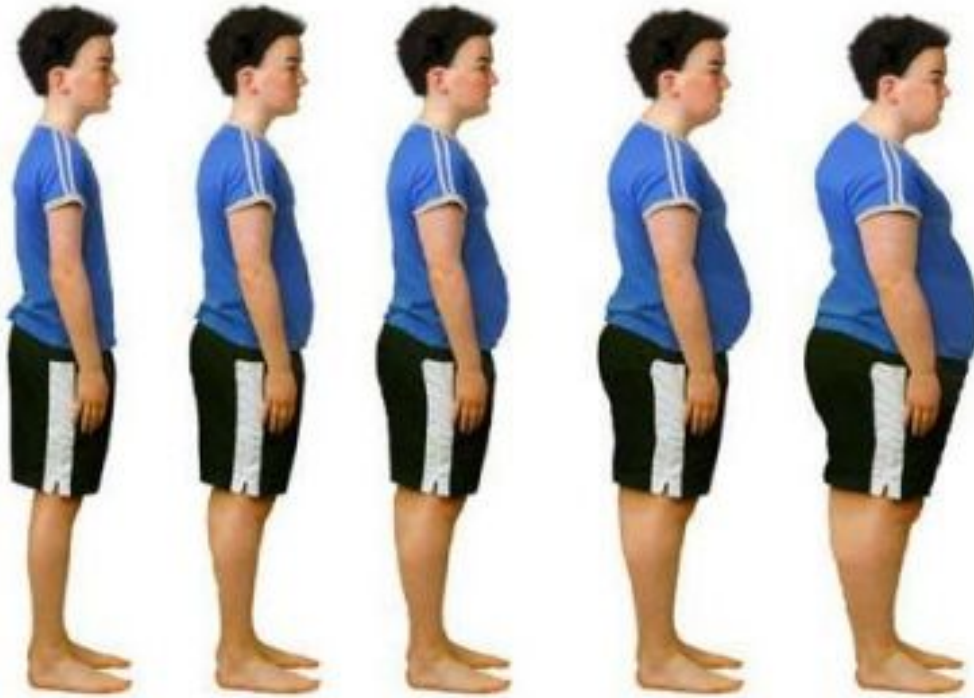
**Pizzas, although they can have vegetable and cheese and toppings, are also included as they contain a lot of fat.**



**Obviously, a diet of junk food is not the best thing for your health, particularly as it is high in saturated fat.**



**In 1993, the Journal of the National Cancer Institute reported this type of fat to be associated with a greater risk of cancer.**



**The best advice, then, for those who cannot live without their hamburgers or chocolate bars, is to limit the amount of junk food they eat.**





**A little now and then will probably do no harm.**





**But why have our eating habits changed? “It’s lack of time and loss of tradition,” says one expert.**



