

# DANGERS OF FAKE FOOD

Heavily processed fake food is terrible for your diet and overall health. Eating too much of it can have some serious health consequences, like an increased risk of chronic disease, high blood pressure, nutrient deficiency, or excessive weight gain. Here are some examples of why you should eat less fake food:

**Artificial ingredients.** Heavily processed foods are filled with artificial ingredients and additives. This is the reason why the ingredient labels are so long and full of foreign words! A lot of these ingredients aren't even actual food. Many packaged, fake foods contain chemicals such as preservatives, colorants, texturants, and artificial flavors. These chemicals are added to preserve flavor, enhance taste, or boost the food's appearance. And while most of these chemicals have been tested for safety, consuming an excessive amount could negatively affect your health and increase your risk for disease.

**Excessive sugar.** Many fake foods are loaded with added sugars and high-fructose corn syrup. Excessive amounts of sugar and high-fructose corn syrup can negatively impact your health in many ways. All the sugar found in fake food can negatively impact your metabolism and lead to insulin resistance, high triglycerides, and high cholesterol. Too much sugar is also strongly linked with some of the world's deadliest chronic diseases, including diabetes, heart disease, cancer, and obesity.

**Refined carbs.** While carbs found in whole foods, like fruits, veggies, and quinoa, can be good for you, the refined, "simple" carbs found in fake food are not. Refined carbs – such as the carbs found in white bread, soda, or snack cakes – are broken down quickly and cause rapid spikes in blood sugar. Refined carbs have also been stripped of almost all of their natural fiber and nutrients, making them empty calories.

**Low in nutrients.** Although fake foods are loaded with additives, sugar, and chemicals, they provide little to no nutritional value. It's important to get enough essential nutrients through your diet. Various nutrients, vitamins, minerals, and antioxidants are necessary for healthy physical and mental function. They also help reduce your risk of disease.

**Addictive.** Fake food is created to be hyper-rewarding to your taste buds and brain. Which is why it feels like you can't get enough of it! The excessive amount of sugars, salt, and unhealthy fats might make taste great, but they can cause some major cravings – making it easy to overeat and consume too many calories.

**Less satisfying.** Fake foods are a lot less satiating than real foods. This is because fake food breaks down quicker and is absorbed differently than real food. Plus, fake food lacks protein, fiber, and other nutrients that help keep you full. This is another reason why it's easy to overeat fake food and consume too many calories.

