

Food Matters Campaign



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How does Junk Food affect you ?

- Junk Food contains too many calories but not enough nutrition. If you eat junk food as apart of your everyday diet , you can face weight problems and ill health. Junk food is one of the leading causes of obesity and can increase your chance of diabetes.



How does Organic Food affect you?

- Your body can fight diseases, bacteria and viruses when you eat organic food
- It helps Prevent obesity since it is lower in fats.
- When you eat organic you get the full flavor of the food you are eating without added toxins that tend to ruin the true taste.



Popularity For Junk Food

- Junk food is highly publicized and you see commercials and advertisements everywhere.
- These advertisements are usually aimed to capture the attention of kids.



Popularity for Organic Food

- Organic food have become popular throughout the year, more people are into organic food than they have been in the last ten years.
- Some studies say that organic food is good for the environment



Food Matters Essential Info

- Completely cut out junk food. It can cause obesity and negatively impact your health
- Processed foods hurts our body and our environment
- Organic foods and locally grown foods doesn't cause pollution
- One third of all americans intake too many poor calories
- Organic foods are healthier:
 - Ex: It would take 2.5 bags of potato chips to get the same amount of protein in 1 baked potato. This means you must intake twice the amount of calories and fat to get the same amount of protein.