

## The comprehensive study of food marketing and junk foods consumption and their related impacts on children's health in urban india

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### Abstract:

Junk food or even a single fast-food meal make a difference in your whole health Consumption a poor quality food high in junk food is related to a higher risk of obesity, depression, digestive is-sues, heart disease and stroke, type 2 diabetes, cancer, and initial death. And as you might believe, occurrence matters when it comes to the influence of junk food on your health. Short-term affects of junk food its human nature to think about profits and risks over the short term rather than see-ing the influence our choices have over the long term. So intake of junk food affects your body over the short term. Junk foods are high in calories, low nutrition fats. Surplus consumption of junk foods would guide increase to a large mixture of health disorders. To examine patterns of around junk food consumption of junk food of children, their ingredients, nutritive significance and their impact on children health.

