

INFOGRAPHIC

Student's name: Aranza Montserrat
Pizano Gómez

Bachelor's degree: Nutrition

Quarter: 3rd

JUNK FOOD AND DRINKS

Partial: 3rd

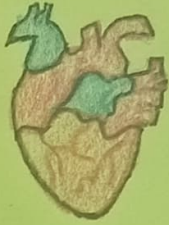
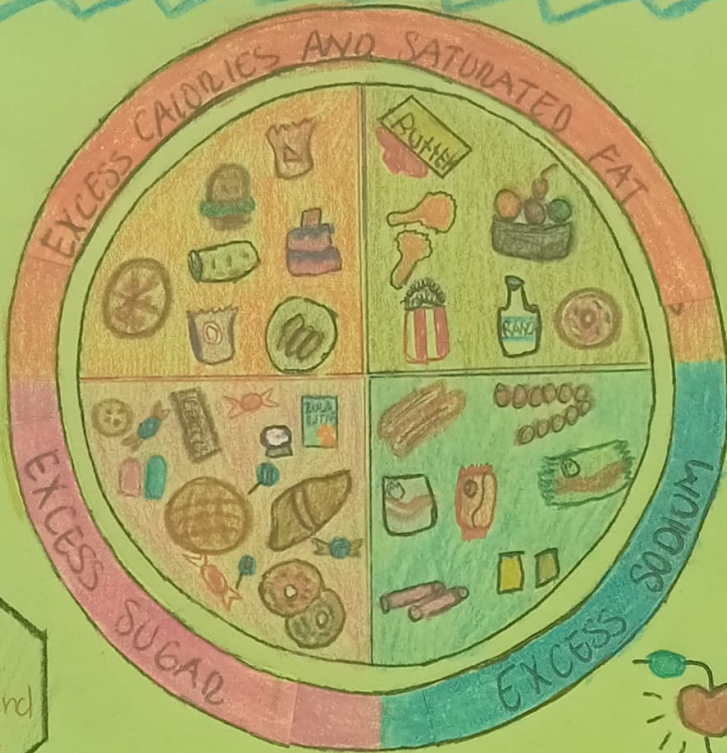
English II

Professor: Eduardo Enrique Arreola Jiménez

Tapachula, Chiapas, March 6, 2025

THE JUNK FOOD PLATE

It increases the risks of obesity and heart disease



It causes hypertension and kidney problems



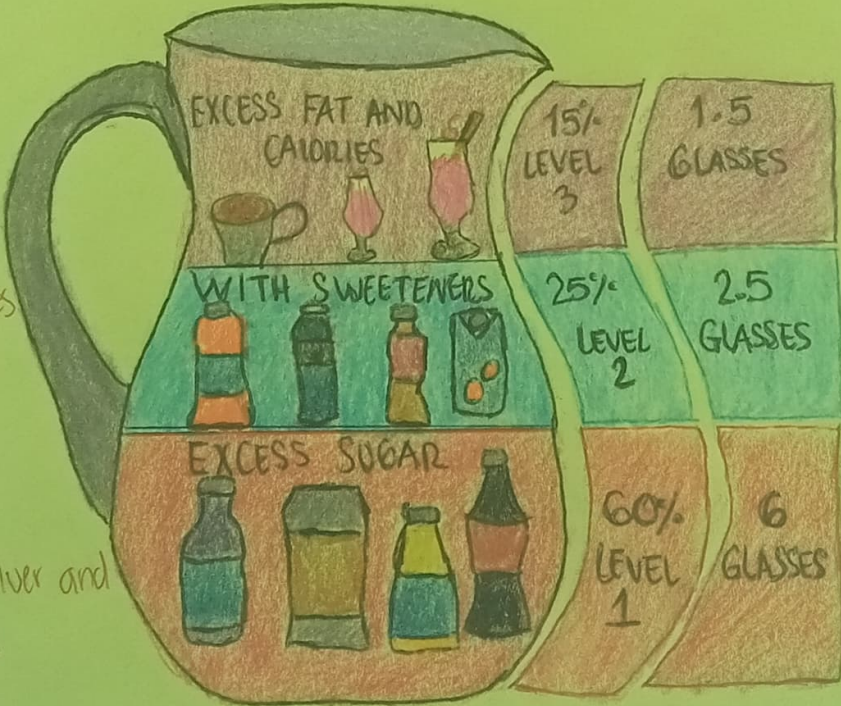
It causes cavities and diabetes



THE JUG OF JUNK DRINKS



It provides empty calories and increases the risks of obesity



Promotes fatty liver and insulin resistance



It affects the microbiome and can increase anxiety

LINKOGRAPHY

- 1- Leal, K. (2023, abril 27). Comida chatarra: qué es, ejemplos y riesgos. Tua Saúde.
<https://www.tuasaude.com/es/comida-chatarra/>