

TO ENCOURAGE HEALTHY EATING, HIGHER TAXES SHOULD BE IMPOSED ON SOFT DRINKS AND JUNK FOODS.

Outline

1) Introduction:

Thesis Statement:

Nowadays, there is a monopoly of soft drinks and junk foods in the market which is discouraging the healthy and continental foods. The use of these ^{unhealthy} food items makes our bodies lethargic, inefficient and inducing many chronic diseases etc. Therefore, there is no benefit in their usage and they should ~~must~~ be imposed with higher taxes, and educating the people ^{about their harmful effects} etc.

2) What is a Junk food and Soft Drinks?

3) Why is there felt the need to impose taxes on them.

4) Why these food items are considered deleterious for human health.

a) These foods are highly processed.

b) They undergo many types of processing.

- c) They lack essential nutrients mostly.
- d) They contain preserving items to increase their shelf-life.

5) What are the harmful effects of these foods on human health;

- a) Put people at a risk of chronic diseases.
- b) When consumed in large proportions cause obesity.
- c) Make the bodies exhausted and inefficient.
- d) Long-term usage can lead to tooth decay and poor bowel habits.
- e) Lack of fibre.
- e) Can lead to swelling in the part of the brain.

6) Ways through which their use can be discouraged.

- a) Educating people about their harmful effects.
- b) By promoting healthy foods at lower ^{rates}.
- c) By imposing higher taxes on purchases.
- d) By imposing higher taxes on their ~~these~~ importation, of their raw materials.

7) Conclusion

There is a famous adage that "A sound body has a sound mind", but in order to have a sound

body one must have to eat healthy foods which are profuse in essential nutrients required by the body to function properly without any disruption in daily activities. But unfortunately with the advent of industrialization, we are seeing that ^{the} use of healthy foods is ^{being} reduced. This is mainly due to the monopoly of junk foods and soft drinks in the market which is discouraging the use of healthy foods. The rise of these food items makes our bodies lethargic, inefficient and induces many chronic diseases etc. Therefore, there is no benefit in the usage of these foods and they ^{should} ^{must} be imposed with higher taxes and educating the people about its harmful effects. Now let's see why these food items are considered deleterious for human health. Because they are highly processed; undergo many types of processing; lack essential nutrients mostly and contain preserving items to increase their shelf-life. They result in harmful effects on human health like put people at a risk of chronic diseases.

, when consumed in large proportions cause obesity, make the bodies exhausted and inefficient, long-term use can lead to tooth-decay and poor bowel habits, can lead to swelling in the part of the brain. However, we its their intake can be discouraged by imposing higher taxes on purchases and importation, promoting healthy foods and educating people about their ^{injurious} (poor) effects.

Junk food also called discretionary foods refers to the foods that contribute lots of calories with little nutritional value and soft drinks are carbonated normally containing a natural or artificial sweetening agent, edible acids, natural or artificial flavors.

These foods (are rich ^x in) lack essential nutrients because while processing like milling, blanching, chopping cooking treatment, dehydrating etc- essential nutrients are destroyed which on further adding nutrients still are deprived of many beneficial nutrients. They cause obesity and weight gain. According to a

study / participants who ate about

500 calories more on the ultra-

processed diet gained about 2

pounds weight (The impacts of Junk

Food on Health, [frontiersin.org](https://www.frontiersin.org), Apr 2022)

These foods also contain less dietary

fibre and fewer vitamins than whole

foods. According to another study, involving

almost 20,000 adults, found that

eating more than 4 servings of

processed food daily was linked with

an increased risk of all-cause mortality.

For each additional serving, all-cause

mortality risk increased by 18%.

(How do processed foods affect your

health, [medicalnewstoday.com](https://www.medicalnewstoday.com), May 2023)

A small study in 12 healthy men

reported changes in the ability of skeletal

muscles to process glucose after only

five days on a diet rich in fast

processed foods. The researchers concluded

that a diet comprised of high-fat

junk foods may lead to insulin

resistance in the long term. (Does Junk

Food Slow Down Your Metabolism? [healthline.com](https://www.healthline.com), Mar 2017).

Junk foods and soft drinks are

considered deleterious for human health because these foods are highly processed. These foods are processed in order to increase their shelf-life and, to cater to the needs of food availability, and in the recent decades, their intake has increased drastically.

For example, according to a study these foods now account for 25-60% of a person's daily energy intake throughout much of the world. Similarly, regularly consuming an excess of added sugar can lead to compulsive overeating. It is also linked with health conditions such as obesity, metabolic syndrome, type 2 diabetes and inflammatory diseases. (Processed foods: Health risks and what to avoid).

In this way, they are considered deleterious for human health because they are highly processed.

These foods undergo many types of processing, which decrease the quantity of nutritional elements in the foods. These foods are still lacking in salutary elements which are required by the body to

function properly. Vitamins and minerals are extremely important for the body to function properly and boost the immune system, support normal growth and development, and help cells and organs do their jobs, but are also lost. For example Vitamin B complex and Vitamin C are water soluble and are lost when the water in which vegetables are cooked is discarded, and sodium, potassium and chlorine are also lost when cooking water is discarded (Food

Nutrients lost during cooking - TNAU

Agritech Portal, agritech.tnau.ac.in

In this way, these foods are lacking in nutrients and mostly they have no beneficial effects on human health.

As they undergo many types of processing processes, they lack many profitable nutrients. These foods are deficient in nutrients because these nutrients are lost during processing processes like dehydrating, cooking, milling etc. Vitamin A is important for normal vision, the immune system reproduction, and growth and development.

For example, but lost during cooking the food in order to preserve it and increase its (life-expectancy) shelf-life, although added back but are still deficient in important nutrients. For example, 80% of thiamine and riboflavin are removed during the milling process which makes preserved foods like junk foods not beneficial for human health. (Relationships between degree of milling and loss of Vitamin B., ScienceDirect.com, Sept 2017). In this way, these foods are not helping in the development of the bodies which is necessary to carry out daily activities efficiently.

As they lack nutrients mostly, another harmful effect is that they contain preserving items to increase their shelf life. Preserving items are added in potato chips, ice-creams, chocolates etc. in order to preserve them for a long time and to make the availability of food possible all the time. But these preserving ingredients are also causing many diseases in human bodies. For example, one of

the most harmful effects is their ability to transform into carcinogen agents. Some of the foods consists of nitrates, a preservative that has nitrites and nitrates, which mix with the gastric acids and form cancer-causing agents. (Harmful effects of

preservatives on your Health, Kent. com)

In this way, such foods are increasing generating many diseases and are harmful for human health.

Just The harmful effects of such foods on human health is that they put people at a risk of chronic diseases like heart attacks,

high levels of bad cholesterol in the blood. ^{Because} When consumed for a long period of time, there can be several long-term impacts on human health.

Their high intake is strongly linked with high levels of bad-cholesterol in the blood. For example, research studies found that young people who eat only small amounts of saturated fat present in junk foods have lower total cholesterol levels. Similarly, frequent consumption

also increases the risk of diseases such as hypertension and stroke. (The impacts of Junk Food on Health, frontiersin.org, Apr 2022). In this way, these foods have adverse effects on human health.

As they increase put people at risk of chronic diseases, another harmful effect is that when consumed in large proportions cause obesity. Due to their intake, ^{the} world has become obesity epidemic which further triggers many diseases like high blood pressure,

Type 2 diabetes, coronary heart disease etc. This shows that these ~~disease~~ foods are very detrimental for health and decreases the productivity levels. For example, in 2020 19%

of active-duty service members had obesity up from 16% in 2015, and these individuals are less likely to be medically ready to deploy.

Another instance is that between 2008 and 2017, active-duty soldiers had more than 3.6 million musculoskeletal injuries and one study found that active-duty soldiers with obesity were 33% more likely to get this

type of injury (Consequences of Obesity
Overweight ^{and} Obesity, cdc.gov, Jul 2022)

In this way, these foods lead towards obesity which further paves the way for many diseases.

Just like obesity, another harmful effect is that they make the human bodies exhausted and (inefficient) ^{inefficient} taking

By eating these foods, especially soft drinks, muscle strength is lost because the acid (present when)

present in them eats away calcium present in our bones and vitamin D

which is responsible for the strength of the muscles. The muscles start

to lose strength which makes result in indolence and inefficiency in human beings. For example, excessive intake of

phosphoric acid changes calcium/phosphorus ratio and imbalance of not only

the calcium and phosphorus ratios but also the acid-base in the body,

resulting in decreased bone density and even osteoporosis and fractures.

In this way, these foods decline the body performance and efficiency

Just like inefficiency and laziness, another harmful impact is that long-term useage can lead to poor bowel health and tooth decay. This is because soft drinks damage the protective layer of teeth called enamel and junk foods increase the risk of digestive conditions such as constipation and diverticular disease. The reason for this damage is that soft drinks react with bacteria in the mouth to produce acid which damages this protective layer. For example, many fast food meals are extremely low in fiber, ^{and} doctors associate low-fiber diets with a higher risk of digestive conditions such as constipation and diverticular disease, as well as reductions in healthy gut bacteria. (Fast food effects: short-term, long-term, physical, mental, and ---, medicalnewstoday.com.) In this way, these foods can lead to poor bowel health and tooth decay.

Just like leading towards poor bowel health and tooth decay, another bad impact is that they can

cause swelling in the part of the brain. This is because diets that are high in sugar and fat can cause a suppress of the brain peptide activity that helps with learning and memory formation. Long term use can affect the learning capacity of the children. For example, a study performed in humans showed that eating an unhealthy breakfast high in fat and sugar for four days in a row caused disruptions to the learning and memory parts of the brain (The impacts of Junk Food on health) [frontiersin.org](https://www.frontiersin.org), Apr 2022). In this way, these foods affect the learning process of the children and result in memory formation suppression. After discussing the harmful health effects, we are going to discuss ways to discourage their intake. Their usage can be discouraged by educating the ^{people} about their deleterious effects: This is because, people are very conscious about their well-being if once made ~~obliv~~ enlightened.

there is possibility that people will reduce their consumption.

Another way to reduce their consumption is by promoting ^{and selling} healthy foods ^{at low rates}.

People This is because, when people will observe that there ~~are~~ is a great number of food points, restaurants etc. offering healthy foods at lower rates, than they will be more inclined to purchase it. For this, (more) the advertisement of these foods should be increased, and more restaurants

offering ^{such} ~~them~~ foods ^{and at lower rates} should be inaugurated ^{by} discouraging those outlets offering unhealthy foods.

For example, most of the people buy this kind of food because they use cheap ingredients during their preparation and are ~~for~~ inexpensive, so people tend to buy them in order to provide their bodies with at least energy. In this way, these foods can be discouraged by promoting healthy foods at lower rates.

And Just like, promotion of

healthy foods, another way to discourage their consumption is by imposing higher taxes on their sales. This is because, when people find it difficult to purchase them due to inflated prices they will lower their consumption. Many countries took this step in recent past in the form of "corrective taxes". For example, in the UK, the soft drinks industry levy, which was introduced in March 2018, adds a charge of between 18p and 24p per litre on drinks depending on the quantity of sugar that they contain. Similarly, for instance, according to one study, the percentage of drinks with over five grams of sugar per 100 millilitres fell from an expected level of 49p to 15p between September 2015 and February 2019 (World taxes on unhealthy foods reduce obesity?, economic observatory.com, May 2021). In this way, their utilization can be discouraged.

Similarly, another way to reduce/discourage these foods is by imposing higher taxes on the^{the} importation of their raw materials. This is because, most of these ^{food} brands are (international) multinational not local and their raw materials cannot be manufactured locally. As a result, Pakistan has to import its raw materials from foreign countries.

In the nutshell, we it can be said that there is a monopoly of soft drinks and junks foods in the market, which is discouraging the use of healthy and continental foods. The use of these unhealthy food items makes our bodies lethargic, inefficient and induces many chronic diseases etc. Therefore, there is no benefit in their usage and they should be imposed with higher taxes, and educating the people about their harmful effects. ^{They are considered injurious because} ~~These~~ foods are highly processed, undergo many types of processing, lack essential nutrients mostly, and contain preservatives to increase their shelf-life,

when consumed in large proportions cause obesity, make the bodies exhausted and inefficient, long-term use can lead to ^{tooth-}decay (and poor bowel habits) and poor bowel health, can lead to swelling in the part of the brain. However, their use can be discouraged by imposing higher taxes on purchases and importation, and selling them at lower rates (promoting healthy foods) etc. The governments will have to take strong action against these otherwise it will cost the health department, no development of the country will be possible; Because good health is necessary for it. There is a saying "Nothing tastes as good as healthy feels."

