

THE (HIDDEN) HIGH COSTS OF JUNK FOOD

The obesity epidemic now under way in the U.S. is, in part, a result of the junk food we eat. This high-fat, low-nutrient, low-fiber diet exacts a high, hidden cost that makes junk food dangerously expensive—even deadly.

ADDING UP THE COSTS

JUNK FOOD = RECIPE FOR OBESITY



**+\$1,429 annual
medical costs**


72 Million Adults in U.S. = OBESITY



JUNK FOOD = CHILDHOOD NIGHTMARE

- Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.
- The percentage of children aged 6–11 years in the U.S. who were obese increased from 7% in 1980 to nearly 18% in 2012.
- The percentage of adolescents aged 12–19 years who were obese increased from 5% to nearly 21% over the same period.
- In 2012, more than one third of children and adolescents were overweight or obese.

Junk food leads to:

← DIABETES



← HEART DISEASE



← OSTEOPOROSIS



← DEMENTIA



← MORE WORK
ABSENCES



← MORE DOCTOR
VISITS



Healthy food leads to:

GOOD BLOOD SUGAR →

HEALTHIER HEART →

STRONGER BONES →

BETTER MENTAL
CLARITY + MEMORY →

FEWER WORK
ABSENCES →

FEWER DOCTOR
VISITS →

\$1.50 PER
DAY
MORE

According to new research from
Harvard School of Public Health:

The **healthiest** diet costs
only \$1.50 per day more
than the least healthy diet.

That's \$547.50 per year more
to be much healthier for life.

Vegetables

Should always be
at least as much as
protein + starch



PORTION SIZES FOR HEALTHY LIVING

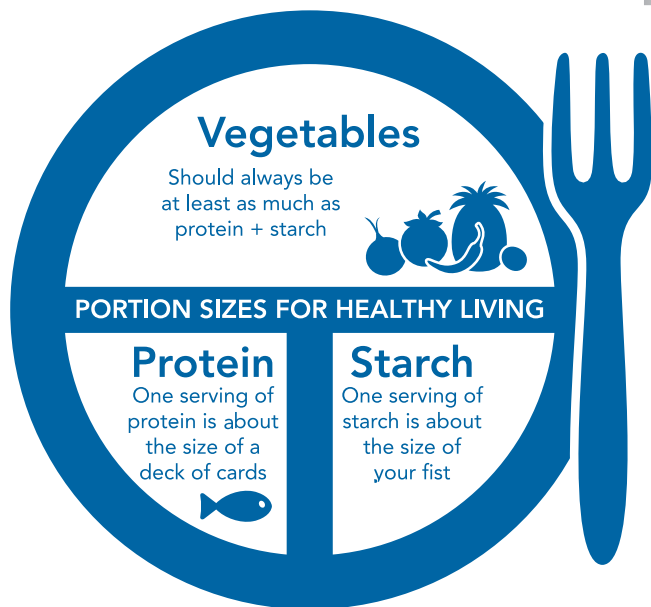
Protein

One serving of
protein is about
the size of a
deck of cards



Starch

One serving of
starch is about
the size of
your fist



Patients have questions. We have answers.

The Hormone Health Network is your trusted source for endocrine patient education.
Our free, online resources are available at hormone.org.