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

U.S. obesity costs = $118 billion/year

No state has an obesity rate less than 15%, the national goal.

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.
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.

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.

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**

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