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Yes on Banning Junk Food

America is facing a crisis because of our eating habits. The article, "Should States Ban Junk Food in Schools", written by Richard J. Codey is news magazine for teens. Due to this generation of kids obesity epidemic, Healthcare workers and school officials are concerned. Schools are debating whether or not to ban junk foods or if this act will even made a positive impact. I strongly agree that the states should ban junk foods in schools for several reasons being, obesity is bad, kids are addicted to junk food and junk food leads to death.

First of all, my logical reasoning for banning junk food is that it leads to obesity and obesity is bad for you. According to Source B, "Our country has the highest rate of obesity and 25 million children in the United States are overweight or obese." This means that one out of three children are obese. This breaks my heart because 26% of sixth graders are bullied, teased or are being rejected daily based on their size. Adding to that, according to Source B, the author implies, "one out of three kids born after 2000, will develop diabetes. This is not good because eventually, this will lead to today's children being the first generation since the great depression, projected to have a shorter lifespan than their parents. Currently, 43% of the United States population are obese. This is why need to encourage people on a yes, to ban the junk food. It may not do much, but it's a start.

My second reason for a yes on banning junk food is junk food is an addiction. According to Source B, " Food scientist, Steven Witherly called puffy snacks one of the most constructed

foods on the plant in terms of pleasure.” Due to the fact that they dissolve very quickly in your mouth, you want more and more. It may not seem to bad? But, the calories eventually start to add up to around 750 milligrams of sodium. As noted in Source B, “As far as sugary snacks, new research shows sugar may be just as addicting as crack”. That is why kids boycotted, they are angry that schools have ban there junk food. It is like a drug, and addicts have a hard time getting over their addiction. Junk food is an actual addiction, and maybe banning junk food from schools may not be as helpful as we hope, but it's a start.

My final reason for my argument on yes for no more junk food is that junk leads to death. According to source A, “Nearly 300,000 people die each year from complications associated with being obese or overweight”. This all goes back to what I first said, it's all our eating habits. They develop their bad habits at an early age and that leads to a life time of real health issues. Which is why we need ban junk food from schools. Hopefully, from not eating it for the seven hours you are at school you won't want the snacks as much. Adding to that, “obesity increases your risk for cardiovascular disease, diabetes and many other chronic health conditions. “. Why would you risk your life for junk food? If all does for you, is hurt you? We could reduce death of heart disease if we cut out junk food forms schools.

Concluding, there are three reasons why I say we should ban junk food from schools. First, obesity is bad, it causes problems you at a school and most importantly, for your health. Second, junk food is an actual addiction. Lastly, junk food leads to death. If I wasn't a yes on banning junk food I would think schools are just being mean and want to take our snacks, but now I know the government is trying to help.