



## Healthy Vs. **Junk food**: The differences

Aspect	Healthy Food	Junk Food
Nutrient Density	High concentration of essential elements	High in calories, low in essential nutrients
Macronutrients	Proper balance of carbs, fats, proteins	Excessive harmful fats, processed sugars, carbs
Health Consequences	Promotes well-being, stable energy, brainpower	Weight gain, diabetes, heart issues, health problems

# Food Makes The Difference

**Ensheng Dong**



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