

Saying NO to junk food You want to stay healthy ?Weight ControlAnorexia Anorexia is an eating disorder that affects people's appetites – usually because of emotional problems , stress , or pressure .Nowadays , there is a lot of information available about anorexia and a number of awareness – raising campaigns to prevent people from becoming anorexic .The labels fast food or junk food refer to food that contains a lot of fat and is cooked in an unhealthy manner .Turn it down !.