Children run junk food risk

According to the World Health Organisation, school children run junk food risk because their eating habits are very bad. Teenagers have much higher levels of risk factors for future **coronary heart disease** now than before; they are also putting themselves at risk of diabetes and that in turn puts them at risk of **strokes**. Research carried out found that for every baked potato which was served to a child, 20 **portions** of chips were served. Concern about the subject grew rapidly. The Food Commission, among other things, have also attempted to **ban** advertisements for junk food. ‘Junk food and sugary drinks are supported by enormous advertising budgets that do not attempt to educate children about heart diets. Food Commission said billions of pounds were spent every year marketing junk food to young people. Unfortunately, the kind of foods that attract the biggest advertising budgets are the fattiest and the sugariest or saltiest. Parents could not necessarily be blamed because they had no way of **telling from** the adverts that some cereals, for instance, were 40% or 50% sugar. The Commission has **urged** the WHO( World Health Organisation) to consider **banning** adverts for ‘energy -dense, low-nutrient food  **aimed** at young people.