

5 Major Foods That Cause Obesity

1. Sugary Beverages

Includes soda cans and energy drinks.

High sugar, zero satiety, spikes insulin.

2. Fast Foods

Includes burgers, fries, and fried chicken.

High in trans fats and calories, promotes overeating.

3. Baked Goods

Shows pastries, cakes, and doughnuts.

Loaded with sugar and refined flour, easy to overeat.

4. Processed Meats

Depict bacon, sausages, and hot dogs.

High in sodium and fat, increases belly fat.

5. White Bread & Refined Grains

Show white bread and pasta.

Low fiber, digests quickly, spikes hunger.