1. **Effects of Improper Nutrition in Children and Adolescents**

One of the factors determining health is proper nutrition. Children and adolescents are exposed to negative effects of both malnutrition and overweight or obesity.

**Malnutrition**

Long-term malnutrition leads to deficiencies in energy and protein, which can result, especially at a young age, in inhibited physical and intellectual development, impaired cognitive function, or immune system disorders. Due to calcium and vitamin D deficiency and excessive phosphorus intake, abnormal bone mass can occur during a child's growth and development. An improper diet can lead to anemia associated with iron, folate, vitamin B12 and B6, zinc, copper, and other micronutrient deficiencies.

Malnutrition can also have consequences in the psychological sphere (linked to poverty, it can lower self-esteem) and in the social sphere (poorer academic performance, associated with poverty - risk of lack of acceptance by peer group).

**Obesity and Overweight**

Obesity in children negatively affects health and development not only in childhood but also has a decisive impact on adult health. The risk of chronic diseases and disabilities increases. Four out of five obese teenagers remain obese in adulthood. Therefore, it is important to prevent overweight and obesity already in childhood.

1. **7 Bad Eating Habits We Should Eliminate**

The most common mistakes in our daily nutrition are associated with both nutrient deficiencies and excessive eating as well as an inappropriate lifestyle. We often consume highly processed foods and consume an excessive amount of harmful fats, combining it with a state of constant stress and tension caused by, for example, work duties. Below are some bad eating habits that are worth fighting against.

* Dangerous Overeating
* How Processed Foods Harm Us
* Milk - Not Always Healthy
* It's Worth Looking for Sugar Substitutes
* Harmful Trans Fats
* The Role of Stress and Tension
* Substances - More Dangerous Than We Might Think