

Research has shown that overeating is as harmful as smoking. Therefore, the advertising of certain food products should be banned in the same way as the advertising of cigarettes is banned.

Do you agree or disagree?

In recent years, overeating ~~is~~ has been one of the main problems in ~~the~~ most of societies. To some experts, the ads play a key role ~~to~~ in ~~create~~ ing this problem and the authorities should ban the advertising of certain foods like ~~they do~~ cigarettes that is banned. Even though the impact of advertising on people in this issue is undeniable, I believe that there are other factors that people sometimes tend to overeating.

On the one hand, some unhealthy foods which are advertised such as fast food, junk food and foods or drinks high in fat persuade young generation to eat more and more. They get familiar with the latest foods through different kinds of advertisement that ~~they~~ are ubiquitous. Therefore, they like to eat these foods rather than healthy foods. As a result, decreasing or banning the ads is a convenient solution for solving this problem. For example, in western countries the advertising of junk food is banned in some medium which are special for children in order to help tackling childhood obesity.

On the other hand, people nowadays have an unhealthy lifestyle which leads to obesity ~~that~~ where one of the important factors is related to eating habits. For instance, skipping a meal which is common between teenagers and young people, eating too much pre- packaged foods and much more besides can lead to overeating easily. In addition, watching TV or working while ~~you are~~ eating is quite harmful to our health and might be conducive e to overeating. Furthermore, mental disorders can affect eating habits of people. For example, those who are depressed tend to overeat. According to this, I believe that advertising of some foods do es not have direct correlation with overeating.

In conclusion, I opine that the advertising of certain food products ~~as much as~~ is useful as well ~~it can be~~ harmful, so it is really depends on to ourselves, our choices and finally about our attitude to live healthy.