

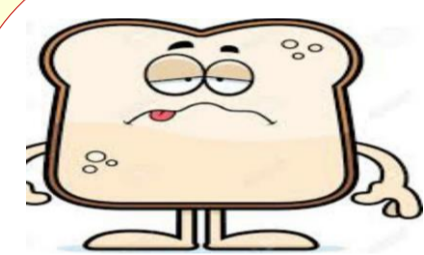
Introduction

Obesity mean abnormal accumulation of body fat that have a negative effect on health usually

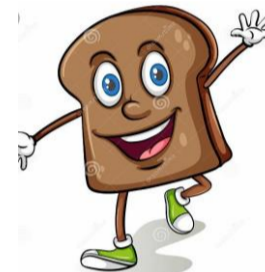
20% or more over an individual's ideal body weight. (1)
 become 30 or more. **(BMI)** based on height and weight

. BMI = kg/m²

healthy range is 18.5 if it increase till 30 or more mean obesity. (1)

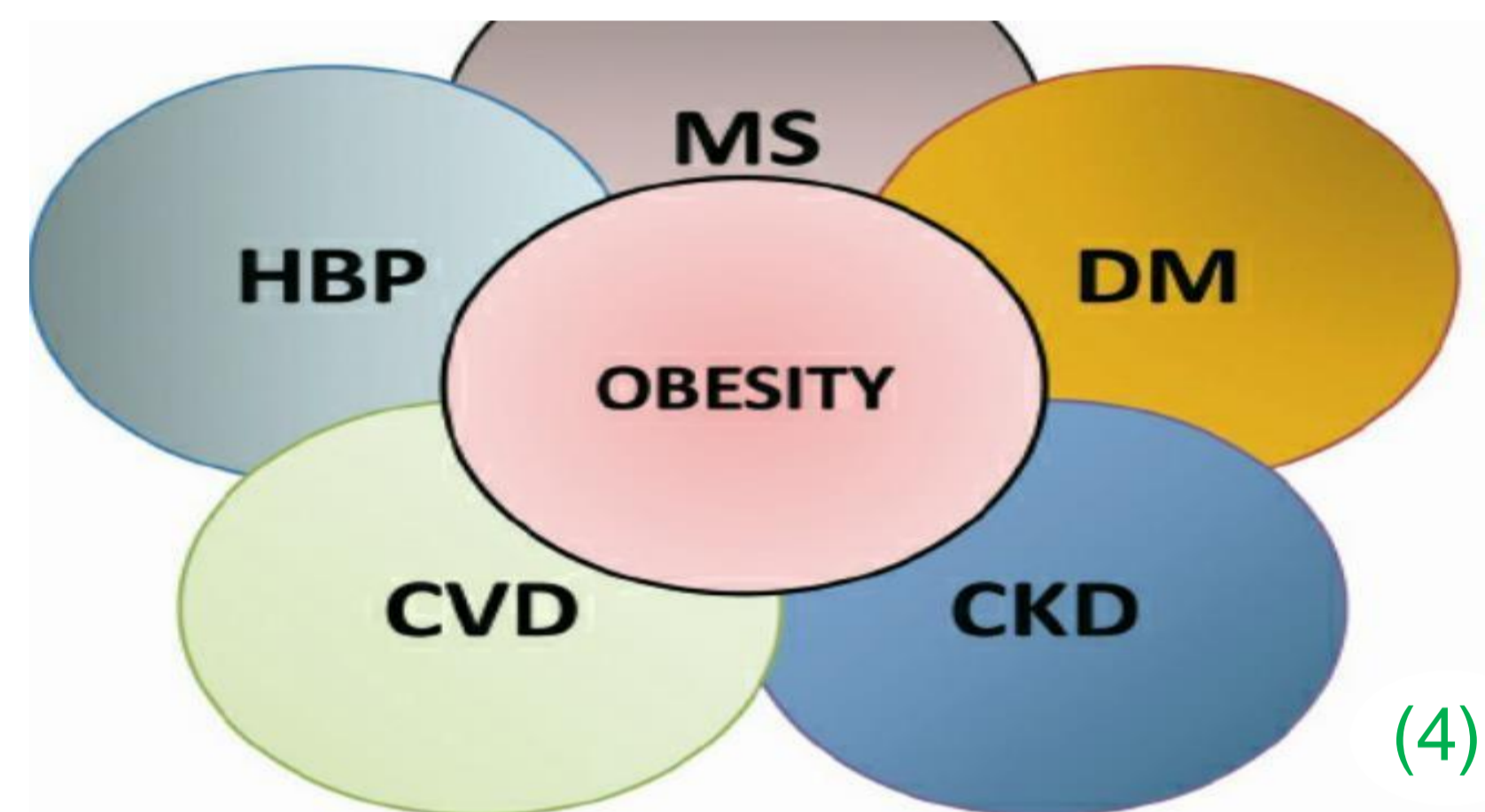


2 Main types of bread



from **-White** refers to bread made from wheat which the bran and the germ layers have been grain as part, producing a removed from the light-colored flour. (2)

- **Brown** whole grain flour, usually wheat, and sometimes dark-colored ingredients such as molasses or coffee. (2)



HOW WHITE BREAD CAUSES OBESITY

1-The Hunger Factor: white bread may not be especially high in calories, but it causes weight gain by spurring cravings. (3)

2-Belly fat: It make you more likely to store fat in the abdominal region according to "The American Journal of Clinical Nutrition" in 2010, researchers examined 2834 participants and found that those who ate refined grains have more visceral and subcutaneous belly fat. (3)

Conclusion

Three slices of white bread a day are more likely to be obese due to low fibers and high calories so we should control our daily consumption of white bread to avoid the risk of lethal disease

Reference

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- <http://www.revistanefrologia.com/en-publicacion-nefrologia-articulo-obesity-chronic-kidney-disease>