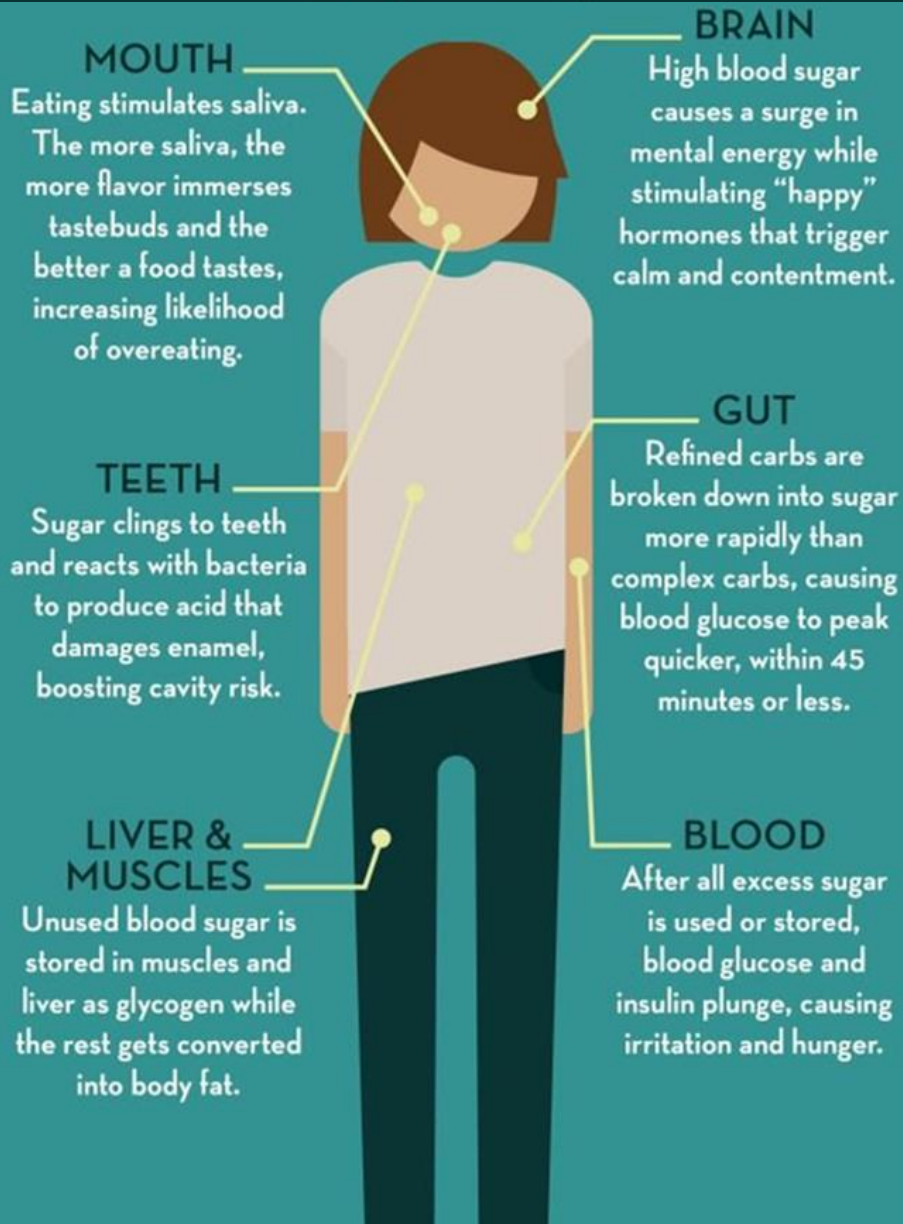


# YOUR BODY ON A BINGE

You know bingeing on junk can pack on pounds over time, but what are the short-term effects of one too many brownies? Here's what happens the very first few hours after a junk-food binge:



## BREAK THE CYCLE

Most people are tempted to keep eating sugary food in order to right low blood sugar—or starve themselves later to make up for the extra calories. But neither will break a binge cycle. Instead, opt for a meal or snack that can balance blood sugar, like an apple with peanut butter or a grilled chicken salad with brown rice.