

Forum:[Hack Forums](#)

Thread: [Health food or junk food?](#)

Jamika - January 29, 2024, 10:48 am

So hello again

What are you into? Fast or junk as its said or healthy one? Or a mix?

For me i do mix, but i prefer for sure fast food, what about u?

Bastille - January 29, 2024, 10:55 am

I've been into junk food for 1 and half year (while I was in a relationship), but since I'm single I decided to take care of my health, from 104kg back to 80kg and I can see my abs now, I'll never go back to this weight

But it's important to keep a good balance between junk and health food for the morale, when I really want to eat junk food I usually go for pizzas, like once every two weeks

Jamika - January 29, 2024, 11:07 am

(Jan 29, 2024 11:55 AM)Yseurk Wrote: [\[CITE\]](#) I've been into junk food for 1 and half year (while I was in a relationship), but since I'm single I decided to take care of my health, from 104kg back to 80kg and I can see my abs now, I'll never go back to this weight

But it's important to keep a good balance between junk and health food for the morale, when I really want to eat junk food I usually go for pizzas, like once every two weeks

Good drop indeed , how long did it take you for that ?

I dropped from 75 to 65 , but i just stopped drinking cola that much , was not that much into fast food too

Bastille - January 29, 2024, 11:15 am

(Jan 29, 2024 12:07 PM)Jamika Wrote: [\[CITE\]](#) Good drop indeed , how long did it take you for that ?

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Water only here too

Started in June so 7 months for 24kg, I stopped drinking beer too (which helped for easily 60% of the job haha)

Komodo - January 29, 2024, 11:21 am

Junk food.

Before Christmas I ate clean for 3 months straight. It was fucking miserable.

Monero-chan - January 29, 2024, 11:24 am

I would avoid fast and junk food as most of it is not good for you, but sometimes you're hungry and you don't got time to make something or whatever so fast food is okay as long you're not having it too much. Same with junk food, it's okay to have it once in a while like on your birthday but just don't have too much of it.

blackrose_x0x0 - January 29, 2024, 11:32 am

I'm a mixed bag between eating healthy and junk food. I do my best to eat clean for the most part especially Monday-Friday, but I love my flamin' hot Cheetos. I get a few of the small bags every week after work. I rarely eat fast food though like McDonalds, usually a few times a year at most.

Jamika - January 29, 2024, 11:33 am

(Jan 29, 2024 12:24 PM)Monero-chan Wrote: [\[CITE\]](#) I would avoid fast and junk food as most of it is not good for you, but sometimes you're hungry and you don't got time to make something or whatever so fast food is okay as long you're not having it too much. Same with junk food, it's okay to have it once in a while like on your birthday but just don't have too much of it.

Yeah i understand , but i talk about normal time , think you r into healthy more

Monero-chan - January 29, 2024, 1:00 pm

(Jan 29, 2024 12:33 PM)Jamika Wrote: [\[CITE\]](#) Yeah i understand , but i talk about normal time , think you r into healthy more

Yeah I don't want to look like the average redditor or discord mod

Plus healthy body = healthy mindset

Grim - January 29, 2024, 1:07 pm

i try to eat as healthy as possible whenever i eat junk or fast food makes me feel like shit

Jamika - January 29, 2024, 1:28 pm

(Jan 29, 2024 02:07 PM)Grim Wrote: [\[CITE\]](#) i try to eat as healthy as possible whenever i eat junk or fast food makes me feel like shit

May be you should change to new things , orvtry new food types

Deany - January 29, 2024, 2:06 pm

I would eat mclds every day on god

Popular - January 29, 2024, 2:34 pm

I literally have a perfect mix of both.

Every other day I rotate between healthy only and some junk.