Nowadays, It is axiomatic that advertising plays an undeniably significant role in every aspect of our lives. Up to now you may have bought some goods whether high-quality or low-quality only due to their brilliant advertising. One of the most major field of advertising is food. Always there is a huge contention between people whether food advertising is the most important cause of unhealthy eating habits or not. As far as I am concerned, although the impact of advertising is undeniable, it could not be the most important factor. There are several noteworthy reasons two of which I will elucidate in the following paragraphs.

First of all, one should take into account the fact that the parents and the way they foster their children is obviously more effective on their children's eating habits than advertising. parents are responsible for their future life style of their children because many correct or incorrect adult habits including eating habits originate from childhood. As an example of my personal life, I used to eat hamburgers a lot when I was a child. My parents decided to forbid me from eating hamburger as I was roughly twelve years old. I was not allowed to eat hamburgers for one whole year and this made me lose my enthusiasm for hamburgers and now I rarely eat them. Had my parents not forbid me as a child, that unhealthy habit would have developed and gotten impossible to be quitted.

The second noteworthy reason that I like to mention is that sometimes not only does adverting not lead to harmful eating habits, but also it helps us to have a nutritious diet. How? By advertising, you can find useful information about the foods and their ingredients. The more details about foods we receive, the better decision we are able to make. So we can select healthy products or foods and avoid unhealthy eating habits. However, some people hold this idea that advertisements may exaggerate or underestimate in some points and try to conceal some facts. I don't reject this opinion completely but I think It's our duty to distinguish honest advertisements from others and besides we shouldn't forget that we are bestowed brains by The Lord!

In summary, all of the aforementioned reasons lead us to the conclusion that we can't consider advertising as the most fundamental factor of unhealthy eating habits. if we have some problems in any facets of life, first we should evaluate our behaviors before accusing somebody or something. and in the case of dangerous eating habits, I believe that we should look for more important causes which we ourselves or our parents are responsible for them.