

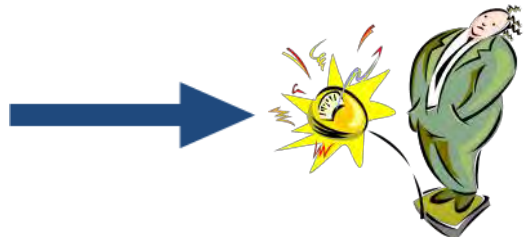
The Fast Food Facts

McMyths

Fast food is convenient.
So is a banana! Or a sandwich bag of cereal! Or leftovers! There are many choices other than fast food that are still quick and easy.

Fast food is fast.

You may make it through the drive-thru quickly, but eating fast food can slow you down. It can lead to excess weight gain and other health problems.



Fast food is cheap.

For the same price of a "value" meal at a fast food restaurant, you could make a pasta dinner to feed 4 people.



Check this out!

The average person needs around 2,000 calories for the entire day.



Large Milkshake
1,160 calories



Double Cheeseburger
380 calories



Medium Fry
440 calories



Some fast food meals have 1,980 calories. That's as many as most people need in a whole day!

Fast Food Switcheroos

Many of the foods served at fast food restaurants are unhealthy (WHOA) foods that have added fat, sugar, or salt. Pick healthier (GO) foods most often when you do eat fast food.



Instead of soda,
try water



Instead of two (2) beef patties,
try one (1) beef patty



Instead of a doughnut,
try an English muffin



Instead of fries,
try a side salad



Instead of chips,
try fruit slices or vegetable sticks



Instead of chicken nuggets,
try grilled chicken