Fast Food and Your Health
What is fast food?

• Fast food is food made fast like:
  ▪ Pizza, burritos, burgers, and fries

• Too much fast food can be bad for you.
People eat fast food because:

- It is ready in a hurry.
- It tastes good.
- It fills you up.
- It does not cost much money.
Fast food can be bad for you.

- It has lots of sugar, salt, and fat.
- Too much sugar, salt, and fat can:
  - Make you gain weight
  - Hurt your kidneys
  - Be bad for your heart
  - Make you sick
Things you can do

• How much fast food do you eat?
• You can:
  ▪ Not eat fast food at all
  ▪ Eat less fast food
• If you eat fast food, make good choices.
• It’s your choice!
You can skip fast food.

• Eat at home.
  ▪ Home cooked food is healthier.
  ▪ Home cooked food costs less.
  ▪ Make a home cooked lunch to eat at work or school.
You can eat less fast food.

• Try eating fast food just once a month.
• Get the small size burger, drink, pizza, or fries.
• Drink water, diet soda, or unsweetened iced tea.
More Tips for Eating Less

• Stop eating when you are full.
• Stay away from “All You Can Eat” places.
You can eat fast food that is better for you.

- This presentation tells you what kinds of fast food are not so bad:
- It can help you make healthy choices.
- You can print out this list of healthy choices to take with you:
More About Fast Food

- **Eat Smart Snacks and Drinks**

- **Healthy Food at Fast Food Restaurants**
  - [http://www.helpguide.org/life/fast_food_nutrition.htm](http://www.helpguide.org/life/fast_food_nutrition.htm)

- **Fast Food Checklist**