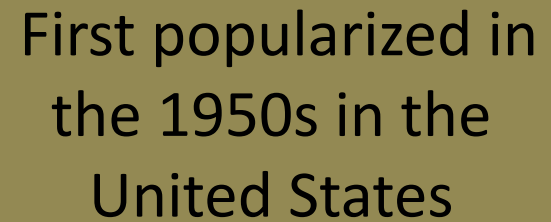


Fast food

- First popularized in
the 1950s in the
United States

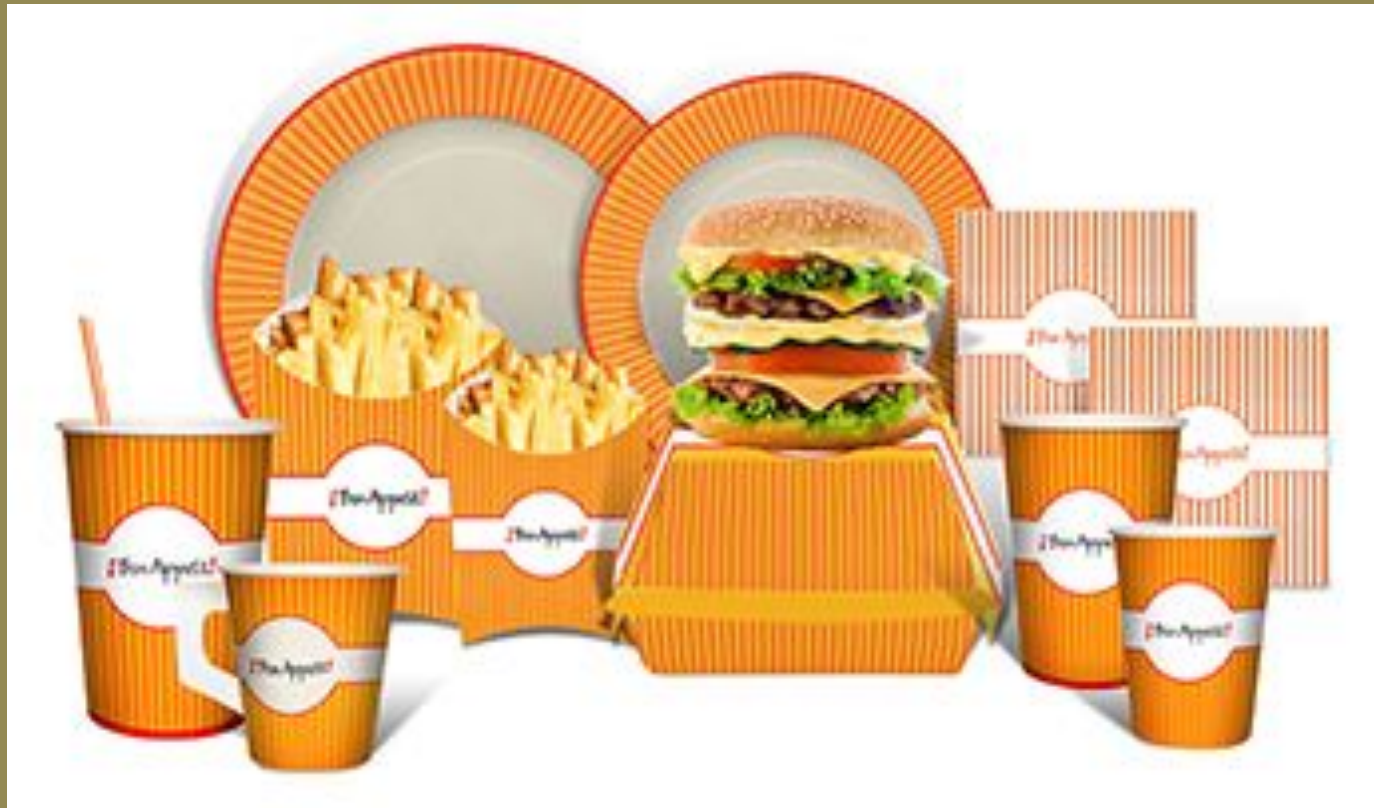


THE PROS

✓ pretty cheap



✓ ready to go



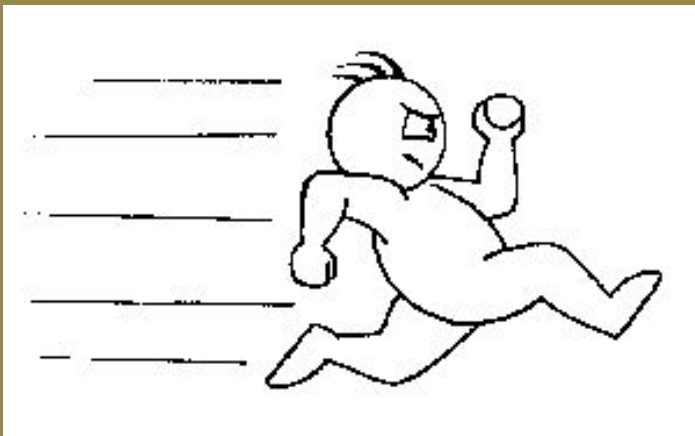
✓ perfect for when you are really hungry



✓ an easy solution for those who don't feel like cooking or preparing a home made meal



✓ you don't have to wait



✓ a very tasty food



✓ it's almost impossible not to find a fast food restaurant in your way to work or to school



- ✓ it's easier to eat from a drive in fast food than to look for a parking place in a crowded area



THE CONS

- it's pretty catchy... it's tasty, it's good, it solves the hunger problem and it becomes the solution for every day lunch. High-fat, high-sugar foods are widely available, taste good and cost less than healthier foods



- the sizes keep increasing, making us more and more dependent on this type of food; in addition, because it is tasty, you'll try to eat the entire "super-size" meal, even if your body doesn't need that much



- the beautiful pictures with perfect burgers, pizzas or kebabs are so perfect only in magazines and promos



- the biggest problem of fast food is that it's very easy to find and very accessible for kids; during childhood, they need healthy food, water or natural juice, not soda and activity.



- fast food represents elevate risk for diabetes
an increased risk of developing insulin
resistance



- fast food is loaded with calories from refined sugar and fats; it's high in sodium, coming from common salt and other additives and deficient in dietary fiber and essential micro-nutrients like vitamins and minerals



- fast food means empty calories in the body, stored as body fat. A regular meal at McDonald's (a Big Mac, large fries, and a large Coca-Cola) has 1430 calories. We need 2000 calories for an entire day (depending on factors such as weight, height, physical activity and gender)



Conclusion

- As for me, fast food is a great decision if you need a fast and a tasty food, but only sometimes. At all, this unhealthy lifestyle can bring you many problems.
So, if you want to keep fit and save your health you should do sport and eat more home food. It's more delicious and undangerous.