

A stack of ten chicken sandwiches, each on a sesame seed bun. The sandwiches are filled with lettuce, tomato, onion, and cheese. The text "Would our world be better without fast food?" is overlaid in white on the stack.

Would our world be better
without fast food?

What refers to fast food?

- **Fast food** is a type of mass-produced food that is prepared and served very quickly. The food is typically less nutritionally valuable compared to other foods and dishes.

Why are fast food restaurants so popular nowadays?

- Fast Food restaurants are popular because they serve food that tastes good and doesn't cost a lot of money. However, the food is often made of cheaper ingredients such as high fat meat, refined grains with adding sugar and fats, instead of nutritious ingredients such as lean meats, whole grains, fresh fruits and vegetables.

Is fast food too bad? :(

- There is no such thing as “bad” food, but there is some food you should try not to have on a regular basis. Because fast food is high in sodium, saturated fat, *trans* fat, and cholesterol, it isn’t something you should eat often. People also often drink soda when they eat fast food which adds “empty” calories (calories that don’t make you feel full or provide nutrients) to the meal.

Some reasons why our world would be better without fast food

- **1)Fast Food Isn't Even Food**

Pretty much every nutritional expert will tell you not to eat any processed food, especially fast food. They don't even consider it as food. For your body to function properly, it needs quality nutrients. Fast food is highly processed, piled with refined sugar, salt, saturated fat, and hydrogenated fat.

- **2)Fast Food Quickly Drains Your Wallet**

A lot of people justify their fast food habit based on cost. “I want something cheap and easy,” they might say. The truth is the cost really adds up! You could easily spend \$15-\$20 making a homemade meal, instead of spending \$40-\$50 on a family of four eating one fast food meal

3)Fast Food Teenagers Become Unhealthy Adults

- I believe nutrition education should be a priority from a young age. The impact of what you put into your body definitely should be drilled home in the classroom but it's not. Many students are greatly affected by the food they eat. Food plays an important role in concentration and misbehavior. Taking an omega-3 and a multi-vitamin can help produce smart and goal-oriented students. The longer a kid or teenager continues their fast food habit, the more nutrient absence they will obtain

4)Fast Food Increases Your Disease Risk

- Fast food can cause things like: Cardio vascular disease, cancer, liver disease, asthma and type 2 diabetes. A healthy diet is the best way to protect against disease and balance your blood sugar levels with a significant amount of low glycemic index foods, such as salmon, tuna, avocado, broccoli, kale, and other dark green leafy vegetables.

5)Fast Food Affects Your Brain

- Eating too many carbohydrates such as hamburger buns, French fries, and pizza will affect your mood and may cause depression and anxiety. It makes sense then that people who regularly eat fast food are 51% more likely to become depressed, according to a study.

If you can't imagine your life without fast food, here are some recommendations:

- Realized you're addicted to fast food? Set realistic goals, considering your ability to succeed. It's recommended to limit the amount of fast food meals and treat them as the exception, and not as ordinary events. Changing your view of fast food to that of an exception to your rule will come in time as healthy foods cleanse your system and you gradually break the cycle of "addiction".