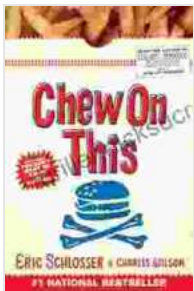# Everything You Don't Want to Know About Fast Food

Fast food is a quick and easy way to get a meal, but it's not always the healthiest choice. In fact, fast food can be loaded with calories, fat, and sodium, which can contribute to weight gain, heart disease, and other health problems.

Here's a look at some of the things you don't want to know about fast food:

Chew On This: Everything You Don't Want to Know About Fast Food by Charles Wilson

★★★★☆ 4.5 out of 5

Language	: English
File size	: 12260 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 287 pages

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The Ingredients

Many fast food items are made with processed ingredients, such as high-fructose corn syrup, artificial flavors, and preservatives. These ingredients can be harmful to your health, and they can contribute to weight gain, inflammation, and other health problems.

For example, high-fructose corn syrup is a sweetener that has been linked to obesity, heart disease, and type 2 diabetes. Artificial flavors and preservatives can also be harmful to your health, and they can cause allergic reactions and other health problems.

The Calories

Fast food is often high in calories, and it can be easy to overeat when you're eating fast food. For example, a McDonald's Big Mac has over 500 calories, and a large order of fries has over 400 calories. If you eat a Big Mac and fries, you're consuming over 900 calories in one meal.

Eating too many calories can lead to weight gain, and it can also increase your risk of developing heart disease, stroke, and type 2 diabetes.

The Fat

Fast food is also often high in fat, and it can be easy to overeat fat when you're eating fast food. For example, a McDonald's Big Mac has over 25 grams of fat, and a large order of fries has over 15 grams of fat. If you eat a Big Mac and fries, you're consuming over 40 grams of fat in one meal.

Eating too much fat can lead to weight gain, and it can also increase your risk of developing heart disease, stroke, and type 2 diabetes.

The Sodium

Fast food is also often high in sodium, and it can be easy to overeat sodium when you're eating fast food. For example, a McDonald's Big Mac has over 1,000 milligrams of sodium, and a large order of fries has over 500 milligrams of sodium. If you eat a Big Mac and fries, you're consuming over 1,500 milligrams of sodium in one meal.

Eating too much sodium can lead to high blood pressure, and it can also increase your risk of developing heart disease, stroke, and kidney disease.

The Health Risks

Eating fast food regularly can increase your risk of developing a number of health problems, including:

- Weight gain

- Heart disease

- Stroke

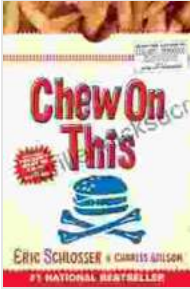- Type 2 diabetes

- High blood pressure

- Kidney disease

If you're trying to lose weight or improve your health, it's important to limit your intake of fast food.

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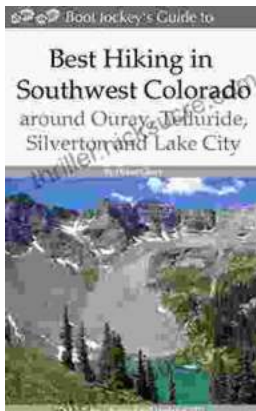
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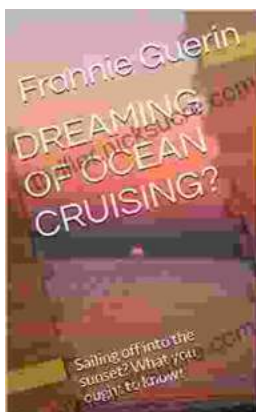
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