

Fast Food, At What Cost?

Health

Consequences:

- Obesity
- High cholesterol
- High triglycerides
- High blood pressure
- Insulin resistance
- Coronary artery disease
- Fatty liver disease
- Stroke
- Hardening of the arteries
- Malnutrition
- Cancer
- Food addiction
- Chronic fatigue syndrome

Why Is It Fast and Convenient?

Fast food is tasty, but not nutritionally balanced. Fast food is unhealthy in the long run if consumed on a regular basis. Fast food is high in calories from refined sugars, refined grains and fat (especially the artery-clogging saturated and hydrogenated fats). It is also very high in sodium and deficient in dietary fiber and essential micro-nutrients like vitamins and minerals. As if fast food isn't already bad enough for us, we tend to dilute all that salt with gallons of sugar-rich sodas!

The fried foods in the restaurants are heated up to extreme temperatures which can make starches (like potatoes) produce cancer causing chemicals (acrylamides) while denaturing any nutrients in the food.

When food is cheap, the obvious question is, "what are they cutting to cut the cost?" The answer is **quality**. Fast food is all about **quantity** not quality. The restaurants have started marketing "better food choices" but consumers have no reason to trust them. Buyer beware. McDonald's dressings contain MSG but disguised the ingredients as "disodium inosinate and disodium guanylate". The chicken has sodium phosphates (which is an ingredient in cleaners), monosodium phosphate (a laxative) and disodium hydrogen phosphate. Burger King's salad dressing is low in calories but includes titanium dioxide, YES! That is sunscreen. Most of these restaurants use iceberg lettuce because it is globally produced cheaply but it has the least nutrients of any lettuce and the most pesticide residues of all vegetables. Almost every sauce is sweetened with high fructose corn syrup as well as the breads.

Globally producing foods has brought the cost down but at the expense of real nutrients. Foods with real nutrients have a shorter shelf life and are more expensive to maintain and keep fresh in a restaurant. Globally produced foods are often injected with hormones, steroids, antibiotics, preservatives etc. so it won't perish on the long journey it has to make from producer to consumer.

Portions are Completely Out of Control

1/2 Cup is a portion size of a fruit or vegetable. Notice that fast food restaurants limit fresh fruit to small containers because they are more expensive since the nutrients haven't been processed out.

They can offer "biggie" deep fried vegetables because they are so cheap to process and store. The nutrients have been depleted so they have a much longer shelf life. They are mostly fat and salt.

20 years of big portions have us trained to think that these huge sizes are normal. Americans are consuming more than 500 calories a day more today than in the 70s.

RIGHT WEIGH CLINIC

309 Airport Rd
Suite B
Pearl, MS 39208

Phone: 601-936-2887
E-mail:
info@rightweighclinic.com

**We're On The
Web!!**

www.RightWeighClinic.com



*Empowering You Through
Education and Medical Support*

- 45% of American meals are eaten outside the home
- 50% of the calories in a McDonald's Happy Meal is derived from fat
- 95.5% of households purchase chips
- McDonalds and Wendy's chicken nuggets contain over 27 ingredients!! What else is in there???
- Over \$110 billion is spend on fast food
- Americans spend \$5/ day on fast food X 7 days/week X 365 days/year = \$1820 a year!!! Imagine if you just ate leftovers and saved that amount!!!

Fresh is Best

Nutritionists have determined that local foods that are in season have the best nutrition. Even fresh foods gradually lose nutrition from the moment they are harvested.

Local foods often contain no chemical additives, since they are less likely to need processing. And because of the prevalence of small, diversified, organic farms in local food systems, these foods are less apt to contain residues of pesticides, herbicides and other toxic agrochemicals.

Although agribusinesses insist that all these chemicals have been tested for safety, they are not tested in the multiple combinations to which people are

Right Weigh Clinic is dedicated to providing our patients with all the education and medical support necessary to obtain and maintain a healthy weight. We recognize the changes in food sources that have evolved over the past several decades and which changes are causing the obesity epidemic. It is as important to learn how to avoid these foods as it is to eat the proper nutrients.

We also have bariatric trained physicians and weekly weigh-ins to monitor progress and make timely changes if needed.

Medical support can include prescription appetite suppressants, metabolic boosters, or medical supplements we have compounded for specific conditions such as diabetes and fatty liver disease.

routinely exposed, nor are they tested over the long periods of time that would be necessary to fully understand their effects.

In the US, roughly 1000 new chemicals are marketed each year, adding to the 70,000 already on the market. Just testing the most common 1000 toxic chemicals in unique combinations of 3 would require 166 million experiments and take over 180 years to complete.

There is no way of knowing how adversely these chemicals are affecting our health.

rBGH (hormone) is used in dairy cows. The use of the genetically engineered hormone increases milk production by 15% even though the cows do not live as long.

Unfortunately for the American public, we are one of the only countries in which rBGH is legal, and the human health effects have hardly been explored. Researchers have found elevated levels of another hormone, IGF-1, in milk from cows treated with rBGH. IGF-1 is linked to increased cancer in humans.

We all want safe, healthy food, but we cannot rely on the global food system to provide it. They will compromise the quality of our food for quantity at the expense of our health, as long as they can get away with doing it.

We must be our own advocate if we want control of our health.