Fast Food Statistics

Each year we add numbers and percentages to the *~~fast food~~* statistics. One thing is evident; the numbers are not good for those of us who try to live healthy.

It would be acceptable if *~~fast food~~* actually meant nutrition, but it doesn't. It means fast processed pseudo foods. This is mostly things that you won't find in nature. So what are the scary seven *~~fast food~~* statistics?

1. Overwhelmed by sheer numbers:

McDonalds started in 1955 with 9 restaurants. Today they have 31,000 of them. If you add to that Burger Kings 12,000, and Wendy’s 6,650 you would have an astounding number of store, definitely one near you. This is why McDonalds alone serves 52 million people every day (that's 1 in 6 person per day) 18 billion people every year.

1. Show Me The Money!

In 1970, the USA spent 6 billion dollars on *~~fast food~~*. In 2006 the spending was 142 billion. That means 142 billion dollars on high calorie food. That would average $460.00 for every man, woman, and child in the USA.

1. Sugar anyone?

The *~~fast food~~* statistics indicate that of all the items on the McDonald’s menu, only seven of them contain NO sugar. Sugar in your drink, your dressing, on your burger - it’s even on the fries!

If you plan to avoid sugar? Start by avoiding *~~fast food~~*.

1. Just walk it off!

Maybe you think you can just go for a walk to burn off your *~~fast food~~* calories. If you plan on having the full meal; a full size burger, large fries, and a coke, and go for a moderate walk (1kmph), you’ll be walking for 6 hours to burn up those calories.

If you are not that hungry? If you go for the Big Mac and medium fries and drink, you’re still out there thumping on the pavement for 5 hours. For a small size meal it could take up to 4 hours.

1. Get your veggies.

Well this advertisement does not even need words. Research shows that most North American children can recognize McDonalds before they can speak. That is truly an acknowledgement to *~~fast food~~* advertising.

1. Mommy! Daddy! Happy meal!

What is the number one vegetable? Potato. French Fries don’t really qualify as a vegetable, but it’s still the most consumed. Are you concerned with your family’s health? Eating deep fried starch is a good place to start. Or at least you should rather have some fresh fibre.

1. AND TO TOP IT ALL OFF? YOU GET TO DIE!

PERHAPS THE SCARIEST OF THE FAST FOOD STATISTICS IS THIS - PEOPLE WHO CONSUME *~~FAST FOOD~~* TEND TO GET FAT IN MUCH HIGHER NUMBERS THAN THOSE WHO DON’T - ESPECIALLY CHILDREN. WHEN YOU CONSIDER ALL THE PERKS OF OBESITY (REALLY THE PERKS OF OUR PROCESSED, *~~FAST FOOD~~* DIET) IT'S NO WONDER IT'S THE BIGGEST KILLER.

EAT FAST FOOD, AND GET FAT. BUT WAIT! THERE'S MORE! YOU ALSO RECEIVE SLEEP APNOEA, TYPE 2 DIABETES, IMPOTENCE, HIGH BLOOD PRESSURE, MOST TYPES OF CANCER, HEADACHE, OESOPHAGEAL REFLUX, INFERTILITY, HEART DISEASE, GALLSTONES, OSTEOARTHRITIS, DEPRESSION, STROKE, INSULIN RESISTANCE, ASTHMA, POLYCYSTIC OVARIAN SYNDROME, AND LOWER BACK PAIN.

There really aren't any good *~~fast food~~* statistics.

And you don't want to be one of the *~~fast food~~* statistics.

Start to eat smarter today!

[Adapted from: <http://www.smart-healthy-eating.com/fast-food-statistics.html>].