



FAST FOOD NOT SO FAST!!!

Although fast food may taste great, the nutritional content invariably is not and the effects on the body through consuming high amounts can be detrimental.

EATING TOO MANY FAST FOODS CAN CAUSE HEALTH PROBLEMS BECAUSE THEY ARE:

- High in calories - often a meal consists of over half the adult calorie guideline daily amount (GDA). Eating more calories than you use can lead to weight gain.
- High in saturated fat - which can raise the level of cholesterol in your blood, increasing the chance of developing heart disease over time.
- High in salt - which can raise your blood pressure, leading to an increased risk of developing heart disease or stroke.
- High in sugar - which increases the risk of tooth decay.

TOP TIPS

Although the odd burger won't kill you, the following tips can help reduce the fat, salt and sugar in your fast food meal:

- Don't supersize your meal - Large Fries, a Big Mac and a Large Coke at McDonalds will clock up 1160kcal which is over half the adult calorie GDA.
- Ask for burgers/sandwiches without the mayonnaise to reduce the fat content - mayonnaise can be added at the self serve counter to control portion sizes.
- Choose fish or chicken burgers rather than the beef burgers - this can lower the fat, saturated fat, salt and overall calories intake.
- Order a side salad to contribute towards your 5-a-day and to provide extra vitamins and minerals to your meal.
- If bread type is an option go for wholegrain breads to increase vitamin and fibre content.
- Stick to water or fresh juice to drink - A large coke can add up to 246 kcal onto your meal.

- If pizza is your weakness then stick to thin bases, lots of vegetable toppings, avoid the fatty meat feasts and go easy on the cheese. All of which will help to reduce the fat and salt levels in your pizza slice.

TYPICAL NUTRITION VALUES AT A GLANCE:

FOOD	ENERGY CONTENT	FAT	SATURATED FAT	SALT	SUGAR
McDonalds Big Mac	490kcal	24g	10g	2.1g	8g
McDonalds Large fries	460kcal	23g	2g	0.9g	1g
Burger King Double Whopper	876kcal	53g	17g	2.6g	10g
Burger King Large Fries	381kcal	18g	6g	1.25g	2g
Burger King large Coke	252kcal	0g	0g	0g	64g
McDonalds Large Coke	210kcal	0g	0g	0.1g	53g
Dominoes Pepperoni					
Passion Pizza (Large Slice)	269kcal	11.5g	5.8g	1.2g	3g
Pizza Hut Pepperoni Feast					
Pizza (Large Slice)	286kcal	13.3g	6.3g	1.3g	5.8g