

## Fast Food Facts

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This fact sheet can be distributed to Direct Support Professional (DSPs) to help them work with individuals they support to explain how to make healthy choices when eating fast food or at fast food restaurants.

### What is fast food?

Fast food is food that is made quickly and easily and is sold in restaurants and snack bars as a quick meal or to be taken out. Fast food is usually cheap energy-dense food with a high sugar, fat, and salt content and low nutrient value in terms of protein, fiber, vitamin and mineral content. Fast food is termed **junk food**. This can include pizza, fried chicken, burritos, sandwiches, burgers, fries, sodas, and milkshakes.



### Is fast food bad for the body?

Eating too much fast food can be a cause of weight gain; junk food can harm your body in many ways. It's best to avoid eating fast food too often. You can still make healthy choices even when eating fast food!

### If you eat fast food learn to make healthy choices!

#### Try ordering:

- A vegetable salad
- Grilled chicken or fish
- Regular size burgers, burritos, and sandwiches
- Choose whole wheat bread for sandwiches and brown rice with Asian food
- Choose thin crust pizza and add vegetables
- Drink plain water or choose fruit juice with meals

#### Avoid:

- Fried foods like French fries, fried fish, or fried chicken
- Extra cheese, sauces, and sour cream
- Sodas and milkshakes
- Large size or "supersized" burgers, pizzas, and burritos

You can learn more at: <https://www.helpguide.org/articles/healthy-eating/healthier-fast-food.htm>

Reference: <http://medical-clinical-reviews.imedpub.com/fast-food-consumption-in-children-a-review.php?aid=6994>