The fast-food guide: what's good, what's bad, and how to tell the difference [1986]

Jacobson, Michael F.
Fritschner, Sarah

Access the full text: NOT AVAILABLE

Lookup the document at:

Abstract
This guide book informs consumers of the nutritional quality of foods served at fast food restaurants. Coverage includes the following: a survey of the largest fast food franchised restaurant chains, and fast food restaurant television advertising; dietary guidelines; fast foods highest in calories; relationship of fat to heart disease, cancer, and diabetes; fast foods highest in fat, sodium, calcium, and iron; shortenings used in fast food restaurants; the content of dietary fiber, additives, and related substances in fast foods; food labeling and fast foods; and choosing a fast food meal. Major fast food restaurants are included and the fast foods served at each are outlined along with their nutritional values
The fast food industry gives that option to people, giving you regular when your gas-guzzler requires premium. The main reason fast food should be foods to avoid is an obvious one: it can lead to many health problems such as obesity, heart disease, and diabetes. Fast food consumption is probably one of the most common addictions that nobody talks about. The addiction leads to disease. People talk about the seriousness of alcohol and smoking addictions; however, how many fast food addiction help centers are there? Pretty much every nutritional expert will tell you not to eat any processed food, especially fast food. They don’t even consider it food, not even the so-called “healthier” options with fewer calories. For your body to function properly, it needs quality nutrients. Foods that provide good sources of omega-3 fats include cold-water fish like salmon, trout and mackerel, as well as walnuts, flaxseed and omega-3 eggs (from hens fed an omega-3-enriched diet). Omega-6 fats assist in lowering LDL cholesterol, too. However, consumed in larger quantities, they may also serve to lower good (HDL) cholesterol levels, so enjoy them in moderation. Foods containing omega-6 fats include safflower and sunflower oils, pecans and Brazil nuts. Partially hydrogenated margarines, deep-fried and fast foods and processed foods are some of the main offenders. Quick tips for making healthy fat choices. Eat less saturated fat. Focus on swapping bad fats for good. Include a small amount of unsaturated fat each day, especially foods rich in omega-3s. What’s the difference? Simple carbs are like quick-burning fuels. They break down fast into sugar in your system. You want to eat less of this type. Complex carbs are usually a better choice. Many of the foods you associate with autumn are great sources of complex carbs. Try starchy vegetables such as sweet potatoes, squash, and pumpkin. Swipe to advance.