

1

FAST FOOD IS HIGH IN CALORIES, FAT, SUGAR AND SODIUM, WHICH CAN LEAD TO WEIGHT GAIN, HIGH BLOOD PRESSURE AND ELEVATED CHOLESTEROL.

2

MOST MENU ITEMS LACK IMPORTANT NUTRITION, INCLUDING FIBER, VITAMINS, MINERALS, LEAN PROTEIN AND HEALTHY FATS.

FAST ≠ BETTER

REASONS TO AVOID FAST FOOD

Fast food is quick, convenient and delicious, and you may be “lovin’ it,” but your body definitely isn’t. Believe it or not, some salads on the menu can be less healthy than a fully loaded burger and fries. Why should you choose healthier alternatives instead?

3

MENU ITEMS CONTAIN HEAVILY PROCESSED FOODS MADE WITH INEXPENSIVE INGREDIENTS AND PRESERVATIVES.

6

FAST FOOD DISRUPTS THE IMMUNE SYSTEM AND DAMAGES YOUR DIGESTIVE SYSTEM.

5

THERE ARE OTHER QUICK, HEALTHIER ALTERNATIVES THAT CAN GIVE YOU THE NEEDED NUTRIENTS FAST FOOD WON'T.

4

IF THE DRIVE-THRU IS WHERE YOU'RE LUNCHING, CHOOSE SALADS LIGHT ON DRESSING, HOLD THE MAYO ON BURGERS, ORDER A VEGGIE PIZZA SAY "NO THANKS" TO SODA OR OPT FOR A SMALL ORDER OF FRIES.