Fast Food Healthy or Not?

By John

Shuffling through the door way, Bob stumbles onto his couch. Drained of energy, exhausted, and laying on the couch, too fatigued to cook, Bob opens the sack he clutches which contains a juicy burger from his local Burger King. Is fast food such a bad thing? Millions of Americans experience a hurried life style like Bob's. Fast food is convenient for the busy, healthy, and affordable. To begin with, fast food can be convenient <u>since</u> you don't have to take the time to go to the store for ingredients. There is no preparation. Fastfoodnation.co.uk states, "...the obvious advantages of fast food are its speed...". For instance, I remember a time I was working late, and lost track of time. I didn't get supper, so on my way home, I stopped at Taco Bell and that was a relief since I was beginning to get light headed. Secondly, fast food has the "healthy" side. There are healthier options to traditional fast food, like baked versus fried, as pointed out by the American Heart Association on associatedcontent.com. Third, fast food for the fast pasted life style is a must. According to Debopriya Bose on Buzzle.com, for an individual living alone, it can be more cost effective to purchase a dinner at a local grocery market. For example, my grandma and grandpa like to eat out at fast food restaurants <u>because</u> they don't have to cook at home, and that saves them money, providing them with extra spending cash. Finally, it's easy to see that fast food is beneficial and economically worthwhile.

On the other hand, millions of people every day eat fast food, but what they may not realize is that fast food does not contain any nutritional value, and promotes obesity and cancer. First of all, fast food is void of nutrition. According to, President Barack Obama on ProCon.org, "The food industry overall could do substantially more to limit exposure to foods with minimal nutritional value." For instance, when I eat fast food, I often get sick <u>because</u> my family doesn't

cook with excessive oil. Secondly, fast food causes cancer and obesity. "Not many people who love fast food are ready to acknowledge that obesity is not simply an eyesore...," as stated on healthfood-guide.com. Cancer, heart disease, and other deadly diseases are an associated with fast food. As you can see, fast food is detrimental both in health nutrition, obesity, and can contribute to cancer.

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