Fast Food

Figuring Out the Facts
Project Sponsors

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Survey

• Do you eat fast food?
• How often do you eat fast food?
• What is your favorite type of fast food?
• Is fast food healthy?
What is Fast Food?

- Quick
- Easy
- Eat in or take out
- Sold in restaurants, convenience stores, snack stands, food trucks
- Cheap
- Tasty
Why Do We Eat Fast Food?

- Time
- Convenience
- Taste
- Price
- I’m too busy to cook
- It’s a treat!
- Socialization
- Fun
Americans are spending more on eating out than on groceries.

- Average American eats out:
  - 4-5 times/week
  - 18.2 times/month
  - 218 times/year
Since we are eating out so much, how do we make the best choices for our health?
Fast Food Nutrition

- Fast food often contains a lot of:
  - Fat
  - Calories
  - Sodium
  - Added Sugars
Fat in Fast Food

- **Saturated Fats**
  - Solid fats found in butter & animal fat
- **Trans Fats**
  - Hydrogenated oils found in baked goods, crackers, margarine
- Can ↑ blood cholesterol
- Can ↑ risk of heart disease

- **Unsaturated Fats**
  - Can be healthy for the heart
  - Liquid fats usually found in plants - olives, avocado, nuts, seeds
Pop Quiz: Which Meal Has the Least Amount of Fat?

- #1 Quarter pound burger with cheese, large fries, and diet soda
  54 grams

- #2 Crispy chicken salad with 2 ounces of creamy Caesar dressing and regular soda
  34 grams

- #3 Taco Salad and bottled water
  48 grams
Calories in Fast Food

- Fat, carbohydrate and protein
- Eating too many calories can lead to weight gain
- Weight gain in excess can lead to increased risk of heart disease, diabetes, stroke and some cancers.
Pop Quiz: How many Calories?

- Chicken Nuggets – 10 pieces
  - 250
  - 470
  - 700

- 16 oz. Vanilla Milkshake
  - 250
  - 465
  - 670

- Regular Cheeseburger
  - 280
  - 360
  - 420
Sodium in Fast Food

- Sodium is a mineral that helps with fluid balance in the body.
- Fast foods are often high in sodium.
- Salt enhances flavor.
- Limiting sodium to 2,300 mg /day is recommended
- Excess sodium intake increases risk of high blood pressure.
Pop Quiz: Where’s the Sodium?

Bun 256 mg
Bacon 274 mg
Tomato 2 mg
Pickles 183 mg
Cheese 200 mg
Burger 125 mg
Lettuce 0 mg
Ketchup 154 mg

TOTAL 1194 mg
Added Sugars in Fast Food

- Sugars added during processing or preparation
- Limit added sugars to < 10% of total calories
- 2000 calorie diet = 12 teaspoons of sugar
- Sodas, sweetened beverages, energy drinks, cookies, cakes, candy, pies, ice cream, jelly, jam
- Excess sugar can lead to high calories and weight gain
Pop Quiz: How much added sugar?

20 oz = 16 teaspoons

20 oz = 9 teaspoons

16 oz = 9 teaspoons
Fast Food Nutrition

How do we make the best choices for our health?
Portion Sizes

- MyPlate reminds us that the amount of food and beverages is important.
- Large portions and too many extras when eating out can increase the calories.
- Choose the right portions and stay within calorie needs.
Add more vegetables

- Try to incorporate vegetables into your meals and snacks
- Shift from pepperoni to vegetables as a topping for your pizza
- Try sides of raw or cooked vegetables
- Have a salad, but opt for low-fat dressing and limit high fat and high sodium toppings
- Have a baked potato, but limit high fat toppings.
Watch the Fat and Sodium

- Shift from fried chicken to grilled chicken
- Use low-fat dressings
- Limit added bacon and cheese on sandwiches
- Limit mayonnaise, ketchup, sauces, and gravy
Limit Added Sugars

- Drink water, low-fat or non-fat milk, or unsweetened beverages instead of sugar sweetened drinks.

- Add a squeeze of fresh lemon to water or unsweetened tea for a splash of flavor.

- Try fresh fruit in place of a high-fat, high calorie dessert.

- Enjoy your sweets, but watch your portions!

- Share a dessert with a friend, small amounts can satisfy a sweet tooth.
Fast Food Makeover: Before

What you might choose:

- Quarter Pound Burger w/Cheese
- Large Fries
- Large Milkshake

Totals:

Calories = 1770
Grams of Fat = 68
Fast Food Makeover: After

- Cheeseburger
- Small Fries
- Bottled Water

Grams of Fat

Totals:

Calories = 560
Grams of Fat = 25
ACTIVITY
Fast Food Makeover
Remember

- Choose fast food with less saturated fat, added sugar, and sodium more frequently
- Limit portions of foods with high fat, high calories, and high sodium
- Limit foods and beverages with added sugars
- Try adding more vegetables as sides
- Everything you eat and drink matters...make healthy choices!
QUESTIONS?