

## Title: Pros and Cons of Fast Food

Excerpted from *Pros and Cons of Fast Food*

National Latino Council on Alcohol and Tobacco Prevention (NLCATP), March 21, 2015

### Pros of Fast Food

1. Fast food offers convenience. If you are busy running the kids from practice to practice or you are running late for a meeting skipping meals may seem like the thing to do but the reality is not eating is far worse than eating fast food.
2. When you skip a meal your metabolism slows and you can actually suffer a rebound effect where you will eat more at the next go round. Fast food can make grabbing a meal on the way quick and easy.
3. More fast food restaurants are offering healthy options. You can opt for a salad at most fast food places now, sure it may be harder to make that call when all you see is photos of great looking burgers on the menu but it is a very real option.
4. New regulations require that fast food restaurants clearly display calorie content and fat content on their menus so you know at a glance what you are getting. This information can help you to make good food choices and you can make them quickly.
5. Ordering is easy at a fast food drive thru. Everything is listed by number. You do not have to sit and ponder a menu everything is typically offered as a meal option so it is a no brainer.
6. The standard of quality is the same no matter where you come across the restaurant. You can get the same meal in Florida as you can in California. This standard allows you to get a meal that you will enjoy and that is familiar.
7. You cannot beat the price of fast food. There is so much competition for your business that fast food chains are constantly undercutting each other and you get to realize the savings. Where else can you get lunch for under \$5.

## **Title: Why Fast Food is Healthier than School Lunches**

Excerpted from **Why Fast Food is “Healthier” than School Lunches: The Shocking USDA Truth**  
By Grace Chen, Public School Review

The potential prevalence of *e.coli* in school lunches has already been scrutinized, but there are more nasty shocks in store for parents and public school students. In fact, the standards governing the preparation and food content of school lunches fall short of minimums imposed upon even fast food restaurants, such as KFC and McDonalds!

### **Meaty Treats: The USDA’s Low Quality Provisions**

The United States Department of Agriculture (USDA) oversees the school lunch program countrywide. Although there are strict guidelines in place, a significant percentage of the millions of pounds of meat consumed by children in the school cafeteria continually fail to meet quality standards imposed by fast-food outlets.

No parent would feed their child meat only fit for pet food or compost, yet meat from “old birds” is exactly what children are being served at school, as found by USA Today’s investigation. Even KFC and the Campbell Soup Company refuse to buy such meat because of quality considerations, and these corporations stopped doing so more than a decade ago – yet our children are eating this very type of questionable quality meat.

# Title: Fast Food Eating Statistics

## Fast Food Eating Statistics

Statistic Brain Research Institute, October 8, 2015



## Fast Food Eating Statistics



Fast Food Restaurant Statistics	Data
Number of Fast Food Restaurants in America	160,000
Number of Americans served daily	50,000,000
Annual Fast Food Revenue	\$110,000,000,000
Frequency	Percent
Once per week	44%
Twice	20%
Three or more	14%
Seven	6%
Never	28%
Percent of Daily Nutrition from Eating a Fast Food Meal	Percent
Percent of Daily Calories	37%
Percent of Daily Carbs	42.6%
Percent of Daily Fat	33.6%
Percent of Daily Protein	15.4%

[<< PRIOR DATA SET](#) [NEXT DATA SET >>](#)

Fast food is the term given to food that can be prepared and served very quickly. While any meal with low preparation time can be considered to be fast food, typically the term refers to food sold in a restaurant or store with preheated or precooked ingredients, and served to the customer in a packaged form for take-out/take-away. The term "fast food" was recognized in a dictionary by Merriam-Webster in 1951.

## **Title: The Role of Time in Fast-Food Purchasing Behavior in the United States**

Excerpted from **The Role of Time in Fast-Food Purchasing Behavior in the United States**  
United States Department of Agriculture, Economic Research Service, November 2014

### **What Did the Study Find?**

Americans purchase fast food to save time. Those that purchase fast food on a given day spend less time eating and drinking as a primary (main) activity, sleeping, doing housework, and watching television than the average for the total population. The difference in sleep time is considerable—fast-food purchasers spent 23 fewer minutes sleeping on a given day over 2003-11 than the average for the total population. In addition to spending less time in primary eating and drinking, fast-food purchasers were more likely than the average person to report no primary eating/drinking on a given day. Fast-food purchasers spent about the same amount of time as others in “secondary” eating; that is, eating while engaged in another, primary activity. However, fast-food purchasers were more likely to eat while at work or while driving a vehicle than others. To the extent that eating quickly may not be ideal and that eating is done while one is engaged in activities that demand focus suggests that fast-food purchasers have different, and perhaps poorer, eating habits than others.

Real Good  
McDonalds Print Ad 2015



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I'm lovin' it

Healthy Eating Plate

Harvard Medical School, Harvard Health Publication, 2011

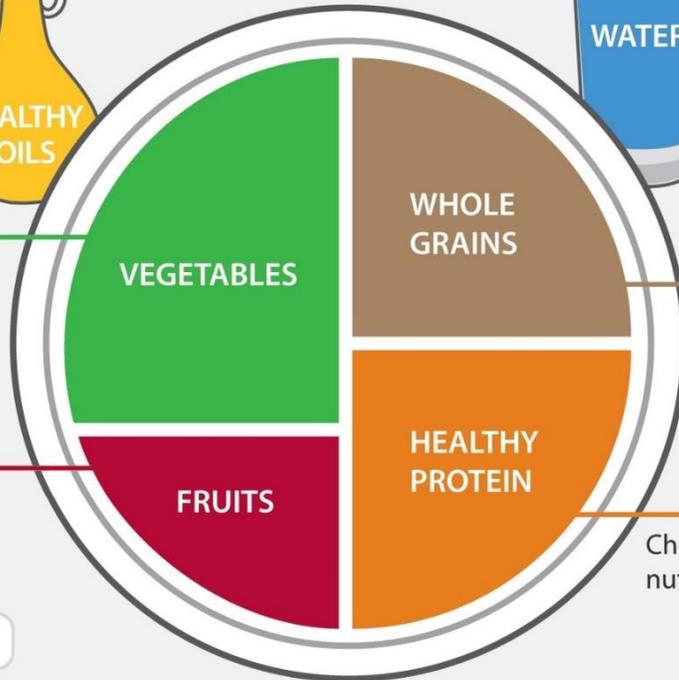
# HEALTHY EATING PLATE



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



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The Nutrition Source  
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Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)



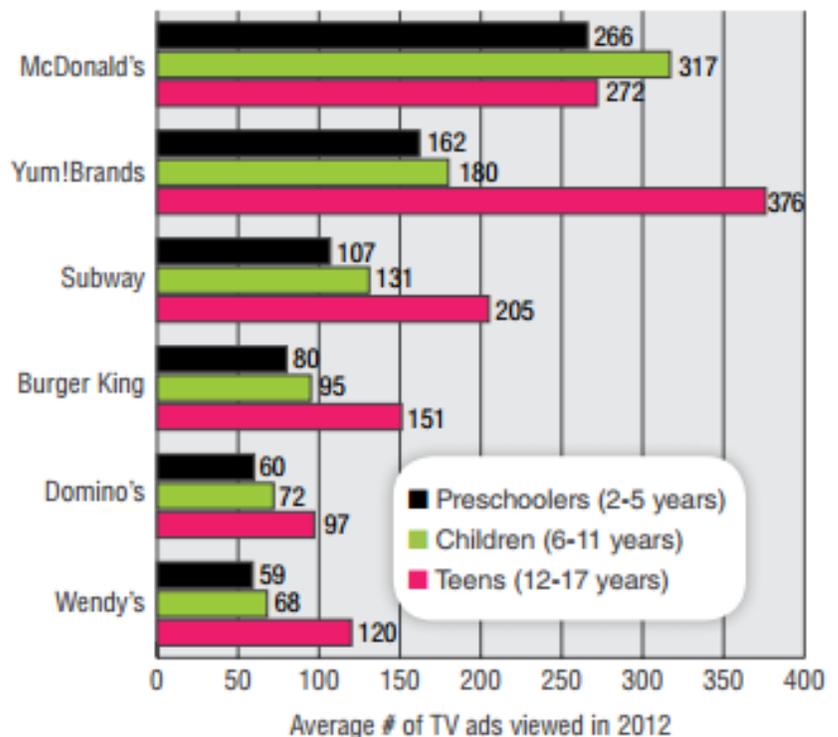
Excerpted from **Fast Food Facts 2013**  
Yale Rudd Center for Policy & Obesity, 2013

## **FAST FOOD CONSUMED BY CHILDREN AND TEENS**

- Every day, 33% of children and 41% of teens consume fast food.<sup>2</sup>
- Most children *do not* consume kids' meals when they visit fast food restaurants. At burger restaurants, only 44% of children under 6 and 31% of older children receive a kids' meal.<sup>3</sup>
- Since 2007, visits to fast food restaurants that included a kids' meal purchase have declined,<sup>4</sup> with a 5% drop from 2010 to 2011.<sup>5</sup>
- On days they eat fast food, children consume 126 additional calories and teens consume 310 more calories. Intake of sugary drinks, total sugar, saturated fat, and sodium also increases.<sup>6</sup>



### **Six companies were responsible for over 70% of fast food TV ads viewed by children and teens.**



Source: Nielsen (2012)

## **Title: U.S. Obesity Epidemic Affecting All Segments of the Nation**

Excerpted from U.S. Obesity Epidemic Affecting All Segments of the Nation  
May 22, 2014, RAND Corporation

Since 1970, the average per capita consumption of calories of Americans has risen by about 20 percent, while at the same time there has been a sharp drop in the cost of food as a proportion of disposable income, according to a report published online by the journal CA: A Cancer Journal for Clinicians.

\* \* \*

Many factors have been blamed for a growing incidence of obesity in the United States, including fast food, suburban sprawl, the size of prepared meals, poverty, affluence, a lack of exercise and a shortage of access to healthy foods.

Analyzing economic factors that contribute to obesity, [Roland] Sturm and co-author Ruopeng An of the University of Illinois at Urbana-Champaign found that weight gain was surprisingly similar across sociodemographic groups and geographic areas, rather than specific to some groups. The findings suggest that the cause of obesity is driven by environmental factors that affect all groups, not just a few.

The RAND researchers say that Americans now have the cheapest food in history, when measured as a fraction of disposable income. During the 1930s, Americans spent about one-quarter of their disposable income on food, dropping to one-fifth during the 1950s. Today, Americans spend about one-tenth of their disposable income on food.

“Not only has the cost of food dropped, but it has become even more available,” An said. “So a smaller share of Americans' disposable income now buys many more calories.”

## Title: Eric Schlosser, Interview

Excerpted from Eric Schlosser, Interview

TeachingBooks.net, In-depth Written Interview, February 2007

**TEACHINGBOOKS:** What is your hope for students as a result of reading *Chew on This*?

**ERIC SCHLOSSER:** One result of a student reading *Chew on This* and then taking action is being more aware of the choices they make and maybe changing their own diet, in the simplest way, like drinking less soda.

There's a real strong link today between soda consumption and obesity among children. That's just one kind of an example. Kids have no idea when they're drinking soda what they're really drinking, and a lot of them are stunned when they learn that drinking a Big Gulp is like taking a big jar of sugar and just pouring it down. There are 50 teaspoons of sugar in a 64-ounce Big Gulp.

We didn't set out to tell kids to never have any soda, but we went beneath the surface and showed them what the implications are. The purpose of the book ultimately is to raise awareness. And if the kids can make changes on the basis of that, then all the better.

I hope that *Chew on This* does help kids make the connection between choices they make now and their future health — make the right choices now so they don't pay for wrong choices later on. In *Chew on This*, we talk a lot about sustainable agriculture and what kind of practices on the land you can do for generations. There's also a sustainable lifestyle — what kind of habits are you going to develop young that you can have for the rest of your life.

Another theme in *Chew on This* is the ripple effect of each fast food purchase. When you go into a fast food restaurant, you may just think about how good your meal tastes while you're eating it. But you're not thinking about all the consequences that come from that one purchase — the consequences for your body, the consequences for supporting this company and how it's treating its workers, all the way back to the farm where the potatoes were grown, or the ranch where the cattle were raised. So, one of the aims of the book is to show kids how they're connected, and how we're all connected by this system.

## **Title: Caloric Intake from Fast Food Among Adults: United States, 2007–2010**

Excerpted from **Caloric Intake from Fast Food Among Adults: United States, 2007–2010**  
Center for Disease Control, National Center for Health Statistics

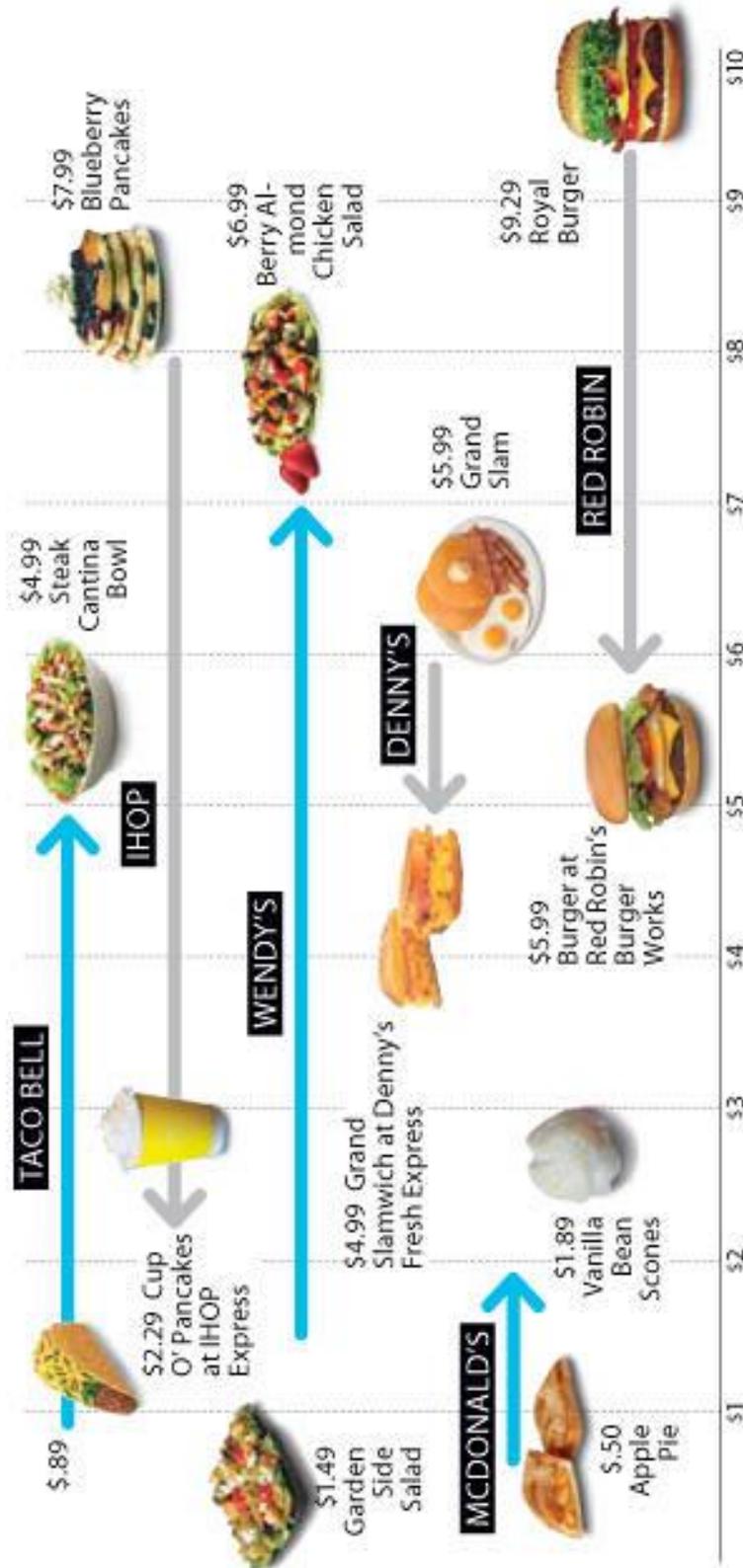
### **Data from the National Health and Nutrition Examination Survey**

- During 2007–2010, adults consumed, on average, 11.3% of their total daily calories from fast food.
- The consumption of calories from fast food significantly decreased with age.
- Non-Hispanic black adults consumed a higher percentage of calories from fast food compared with non-Hispanic white and Hispanic adults.
- No difference was observed by income status in the percentage of calories consumed from fast food among all adults. Among young adults, however, as income increased, the percentage of calories from fast food decreased.
- The percentage of total daily calories from fast food increased as weight status increased.

As lifestyles become more hectic, fast-food consumption has become a growing part of the American diet ([1,2](#)). Fast food is food usually sold at eating establishments for quick availability or takeout ([3](#)). More than one-third of U.S. adults are obese ([4](#)), and frequent fast-food consumption has been shown to contribute to weight gain ([1–6](#)). This report presents the percentage of calories consumed from fast food by adults in the United States, including differences by sociodemographic characteristics and weight status.

# Title: From Taco Bell To IHOP, Fast-Food Goes Upscale Or Scales Down For New Audiences

Excerpted from **From Taco Bell To IHOP, Fast-Food Goes Upscale Or Scales Down For New Audiences**, Fast Company, September 12, 2012



**Title: McDonald's 1955 Advertisement**

McDonald's 1955 Advertisement, April 14, 1955, Des Plains Journal

First official McDonald's franchise opened in Des Plaines on April 15, 1955

Des Plaines Journal, April 14, 1955

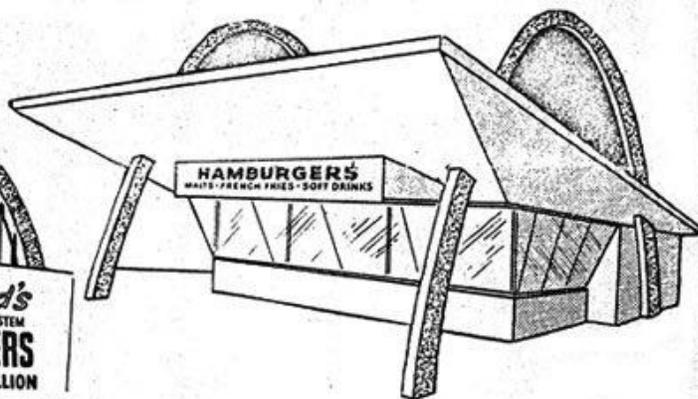



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