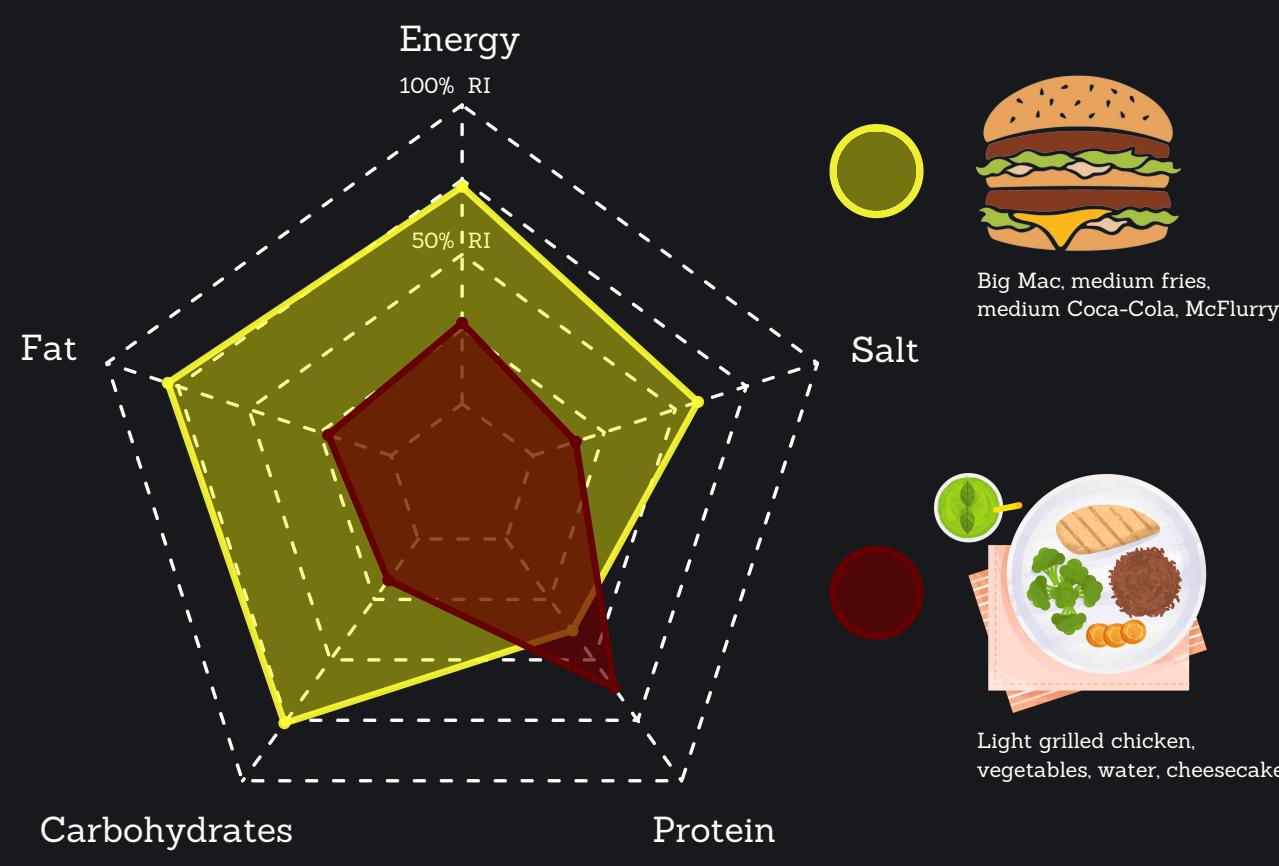


FAST FOOD



RI - reference intake for an average adult per day

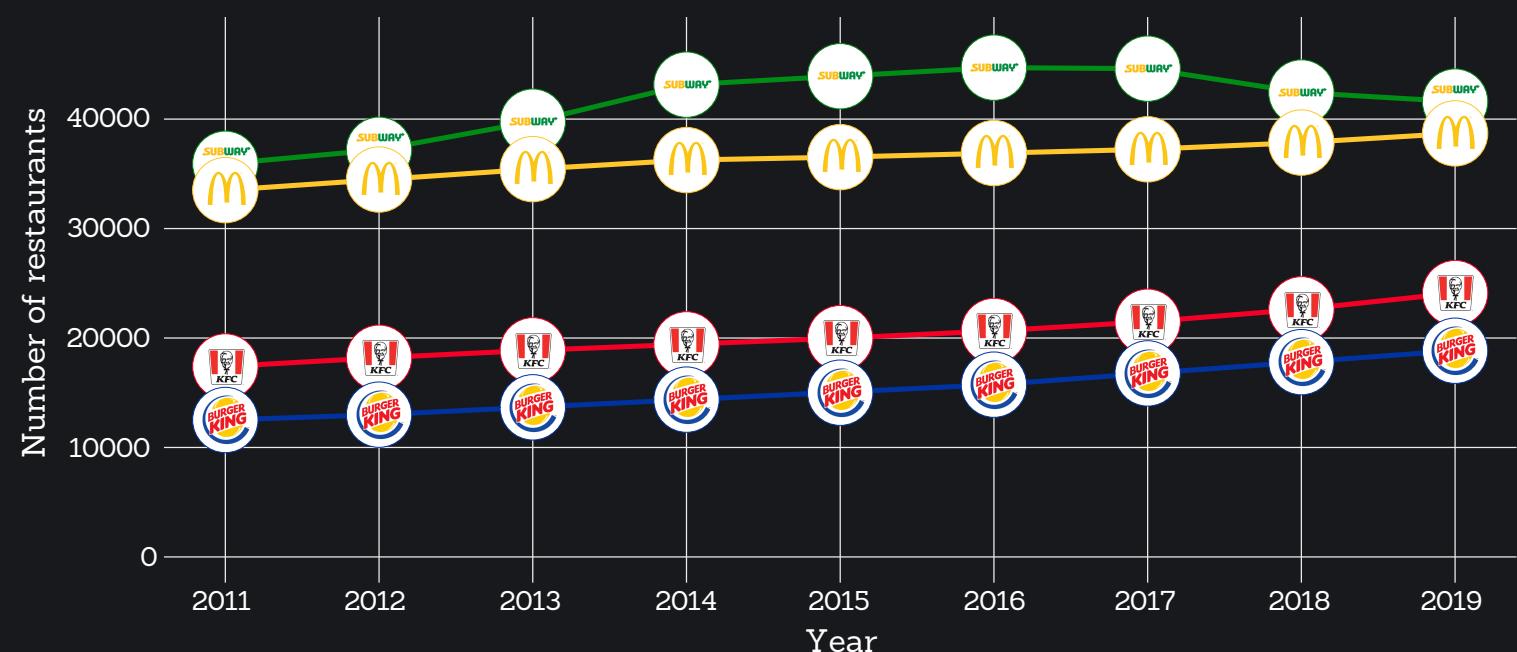
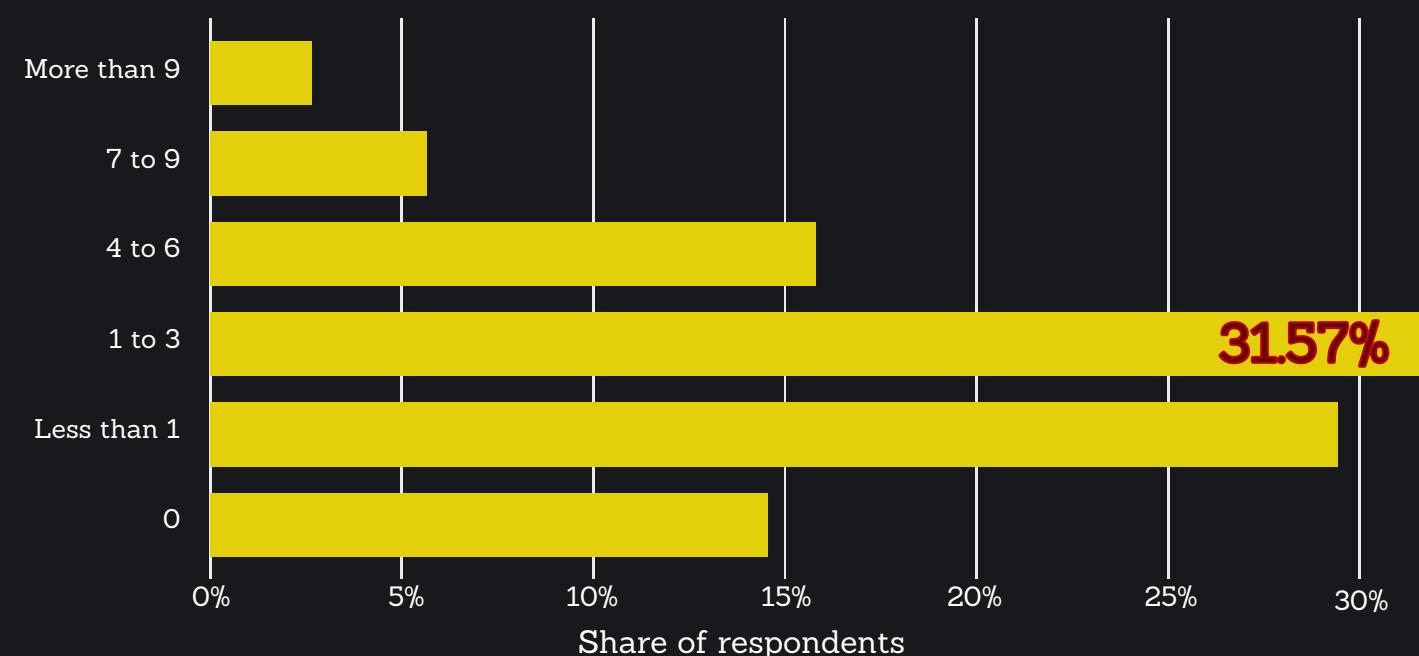
You are what you eat!

Fast food has become a permanent fixture on our menus. But have you ever wondered what you are really missing out on by choosing fast food over a traditional dinner? The chart on the left compares with each other the nutrients contained in a classic McMeal with an extra McFlurry and those found in a grilled chicken with vegetables and cheesecake for dessert. We can also compare these figures against the recommended daily intake of these ingredients, represented by the last axis. The results speak for themselves - if you care about a proper protein intake and want to avoid fats, salt or carbohydrates that are harmful in excess, you should choose grilled chicken.

Hungry?? Let's go for a kebab!

How often do you hear this proposition? According to a 2018 survey, one in three Americans chooses to go to fast food restaurants between one and three times a week. Almost 10% of those surveyed visit these places daily or even more often. What's more, over the years, the popularity of fast food restaurants does not seem to have waned. The graph below shows that the four of the world's best-known fast food chains in the world have increased their number of outlets between 2011 and 2019. And although Subway - to the surprise of many - reigns supreme in the chart below, McDonald's is currently at the top of the rankings.

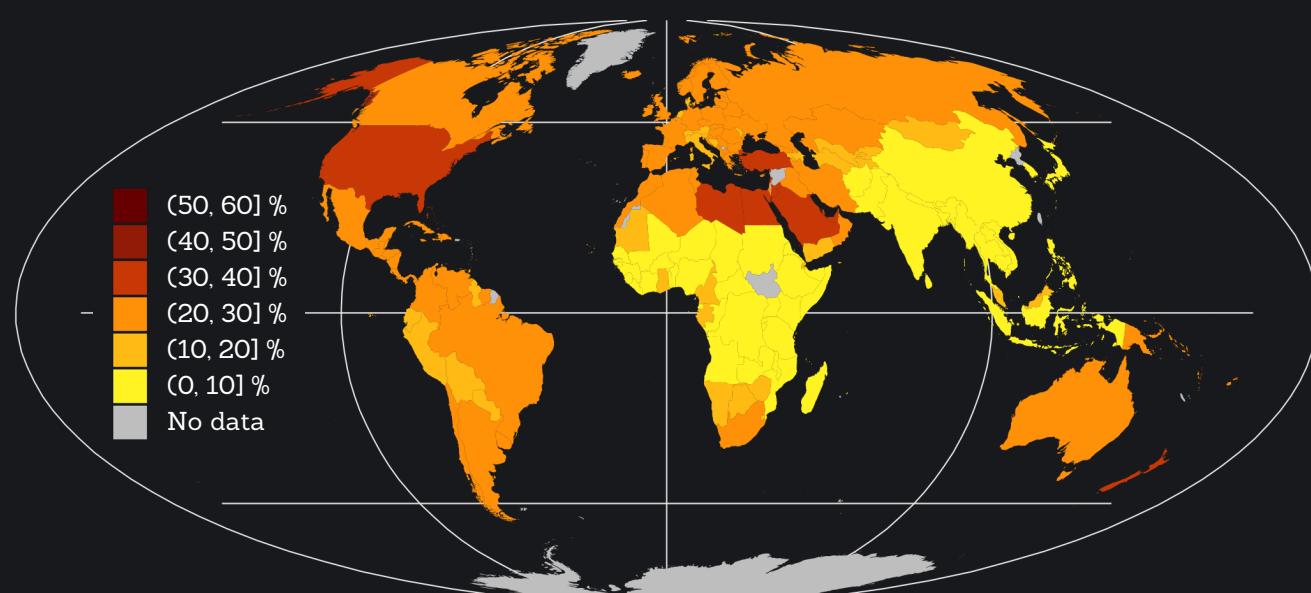
How many times a week does an American eat fast food? Global number of fast food restaurants in recent years



What's killing us?

A natural consequence of consuming highly processed foods and the saturated fats contained in fast food is obesity. The first map confirms that a particularly high percentage of obese people are found in highly developed countries, where fast food consumption is of daily occurrence. Let's also look at the map of obesity-related deaths. Here, the former Eastern Bloc countries predominate, which can probably be linked to poorer access to health care, as well as neglect of such problems. Countries in Western Europe, North Africa or America are not far behind. Nevertheless, obesity is not the only problem. A study by the Women's Health Initiative also found a correlation between consumption of fried foods and a higher risk of cardiovascular mortality.

Obesity among adults in the population



Deaths due to obesity in proportion to population

