



## Nachos

These little corn chips coated with oily cheese really do pack a punch: to thighs! Fat, sodium, cholesterol, carbohydrates, and sugar rule its bare existence.



## *Nachos*

*These little corn chips coated with oily cheese really do pack a punch: to thighs! Fat, sodium, cholesterol, carbohydrates, and sugar rule its bare existence.*

### Onion Rings

Onion rings: Fried onions. The batter and oil that they're fried in creates a very high amount of fat and saturated fat.



### *Quinn Rings*

*Quinn rings are a type of ring. The  
interior and exterior are formed in  
cups, a very high amount of fat  
is contained.*



## Onion Rings

*Onion rings: Fried onions. The batter and oil that they're fried in creates a very high amount of fat and saturated fat.*



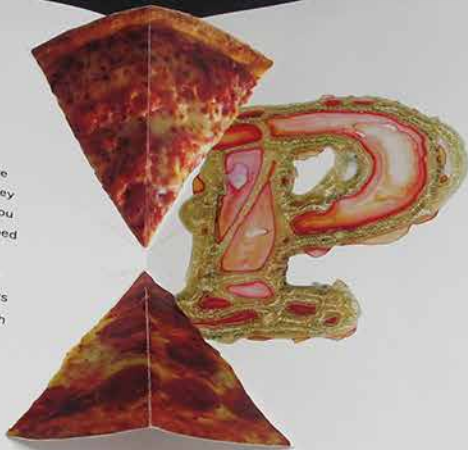
## Pizza

Unless you eat the vegetarian pizza, these are killer. In Miami-Dade County Public Schools they serve pizza everyday, and twice on Fridays; you have no choice. White bread as the base, topped with oily cheese and meats. It's amazing how schools get away with this. Go through a lunch line one day, and look at the walls of the posters stressing healthy diets and balanced meals with daily fruits and vegetables, then look at what's being served.



## Pizza

Unless you eat the vegetarian pizza, these are killer. In Miami-Dade County Public Schools they serve pizza everyday, and twice on Fridays; you have no choice. White bread as the base, topped with oily cheese and meats. It's amazing how schools get away with this. Go through a lunch line one day, and look at the walls of the posters stressing healthy diets and balanced meals with daily fruits and vegetables, then look at what's being served.





### Quiznos

This is probably the healthiest meal in this book. Granted, it's still here! If you order the low fat, whole wheat bread, no condiment sandwich, your sub can be nutritious. However, it's here because of the sodium-enriched meats. They're packaged, sealed, and loaded with preservatives to keep it fresh, and who knows how they treat their animals! And again, can you make a sandwich with only \$4? Take into account ALL your toppings.



## Ravioli

Of all the school lunches, this meal is most questionable. The sauce always leaves behind an orangey residue around the rim of the white styrofoam tray: MSG (monosodium glutamate). The ground beef inside the pasta never seems to taste right, and always has a chewy texture.



## Ravioli

Of all the  
what I  
serving  
serving  
Grey-M  
The  
serving  
serving

## Sodas

Sodas are bone quenchers. They steal the calcium from one's bones, never return it, and sell it to a pawn shop. Unless it's kosher, it's more than likely sweetened with high fructose corn syrup. It is also colored and flavored artificially. It's a catalyst to osteoporosis, and starts you on the path of excess weight. Observe: orange juice is more expensive than a liter of soda! Soda companies use these ingredients to make it cheaper for you, and more money for them.



### Sodas

Sodas are bone quenchers. They steal the calcium from our bones, never return it, and make them likely sweetened with high fructose corn syrup. It's also colored and flavored artificially. It's a catalyst to osteoporosis, and starts you on the path of excess weight. Observe orange juice is more expensive than a liter of soda! Soda companies use these ingredients to make it cheaper for you, and more money for them.



## Sodas

Sodas are bone quenchers. They steal the calcium from one's bones, never return it, and sell it to a pawn shop. Unless it's kosher, it is more than likely sweetened with high fructose corn syrup. It is also colored and flavored artificially. It's a catalyst to osteoporosis, and starts you on the path of excess weight. Observe: orange juice is more expensive than a liter of soda! Soda companies use these ingredients to make it cheaper for you, and more money for them.



## Tacos

One's impression of a loaded taco isn't as strong as soda. It just has many calories, fat, and sodium. On the other hand, it is balanced: you have a vegetable, protein, and calcium. However, there are plenty of saturated fats—almost as much as ice cream. Again, it depends where and how this taco was made. Taco Bell is most certainly not the way to go.



...ession of a loaded taco  
...strong as soda. It just has  
...calories, fat, and sodium.  
...other hand, it is balanced: you  
...a vegetable, protein, and calcium.  
...however, there are plenty of saturated  
...fats: almost as much as ice cream.  
...Again, it depends where and how  
...this taco was made. Taco Bell is most  
...certainly is not the way to go.





## Tacos

One's impression of a loaded taco isn't as strong as soda. It just has many calories, fat, and sodium. On the other hand, it is balanced: you have a vegetable, protein, and calcium. However, there are plenty of saturated fats- almost as much as ice cream. Again, it depends where and how this taco was made. Taco Bell is most certainly is not the way to go.



ingredients  
more money for them.

### Upside-Down Cake

Just like other desserts, upside down cakes are mostly carbs, and can lead to the formation of cellulite. Eat in moderation, like any other sweet.





### *Upside-Down Cake*

*Just like other desserts, upside down cakes are mostly carbs, and can lead to the formation of cellulite. Eat in moderation, like any other sweet.*



*Spindle-Down Ca.*  
This did never flower in, spindle down  
was the middle of the, and was the  
of the flower of the, but as  
indifferent, already other world.



## The Vending Machine

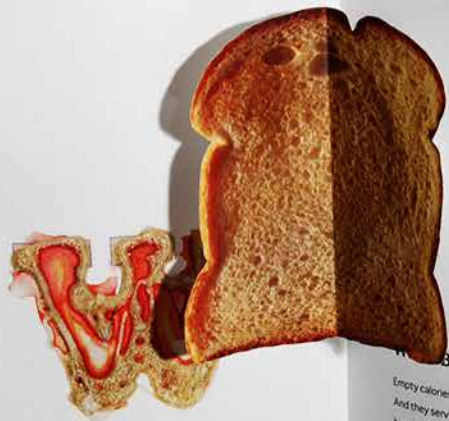
Are you often stuck in front of a vending machine, mesmerized by the dark abyss of its packaged goodness? Does the barrier between you and the chips drive you crazy? Your main goal was to get the Cheese-It's, but you somehow ended up with Oreos? Soda? Ice cream? We've all been there. You see, ol' Vendy has the upper-hand: she permits you from seeing the Nutrition facts and ingredients! It's the best prank food companies have played on us. Yet we continue to fall for it. Call 1-888-ADMIT IT, and don't take you anger out on the machine.



## The Vending Machine

Are you often stuck in front of a vending machine, mesmerized by the dark abyss of its packaged goodness? Does the barrier between you and the chips drive you crazy? Your main goal was to get the Cheese-It's, but you somehow ended up with Oreos? Soda? Ice cream? We've all been there. You see, ol' Vendy has the upper-hand: she permits you from seeing the Nutrition facts and ingredients! It's the best prank food companies have played on us. Yet we continue to fall for it. Call 1-888-ADMIT IT, and don't take your anger out on the machine.





## White Bread

Empty calories. No fiber, no nutritional value whatsoever. And they serve it every morning at public schools, with liquid butter-gunk. Long story short: white bread is basically sugar in your body. It's hard to work off the fat that you've gained from its poison, and as you age, there's no guarantee it'll all come off. You're better off switching to whole wheat or whole grain today.



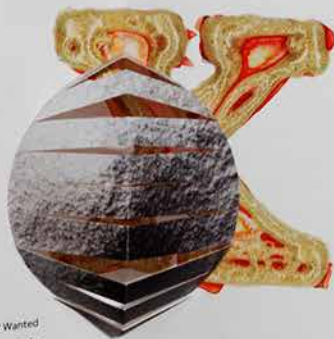
## White Bread

Empty calories. No fiber, no nutritional value whatsoever.

And they serve it every morning at public schools, with liquid butter-gunk. Long story short: white bread is basically sugar in your body. It's hard to work off the fat that you've gained from its poison, and as you age, there's no guarantee it'll all come off. You're better off switching to whole wheat or whole grain today.

## Xanthan Gum

Ever heard of it? Read it on a list of ingredients? Wanted to know what it was? Well it's a thickener, used to up the viscosity in ice cream, soups, soy based products, and is also a gluten substitute. It is derived from corn and is known as a food additive. Its health effects are as of yet still unknown, but most likely won't be beneficiary to your health.



nk

in the  
tymen,  
and  
in make  
of



## Xanthan Gum

Ever heard of it? Read it on a list of ingredients? Wanted to know what it was? Well it's a thickener, used to up the viscosity in ice cream, soups, soy based products, and is also a gluten substitute. It is derived from corn and is known as a food additive. Its health effects are as of yet still unknown, but most likely won't be beneficiary to your health





## an Gum

heard of it? Read it on a list of ingredients? Wanted  
know what it was? Well it's a thickener, used to up the  
viscosity in ice cream, soups, soy based products and is also  
a gluten substitute. It is derived from corn and is known as a  
additive. Its health effects are as of yet still unknown,  
likely won't be beneficiary to your health





### Yoo-Hoo Chocolate Milk

Yoo-Hoo has all the unhealthy ingredients in one cardboard container: High fructose corn syrup, partially hydrogenated oils, xanthan gum, and artificial flavor/colors. If a five-year-old can make this with two ingredients, what's the point of drinking all these chemicals?



### Yoo-Hoo Chocolate Milk

Yoo-Hoo has all the unhealthy ingredients in one cardboard container: High fructose corn syrup, partially hydrogenated oils, xanthan gum, and artificial flavor/colors. If a five-year-old can make this with two ingredients, what's the point of drinking all these chemicals?



ZER



Calories

Fat

Carbohydrates

Sugar

## Zero

Just because it says "Fat-Free" or "no sugar added" doesn't mean it is true. One must understand why it's fat-free, and if there's no sugar, is it still sweet? Did the engineers of this product add something to make it fat free? Did they sweeten it with an artificial sweetener? Read labels carefully!



Calories  
Fat  
Carbohydrates  
Sugar

## Zero

Just because it says "Fat-Free" or "no sugar" doesn't mean it is true. One must understand fat-free, and if there's no sugar, is it still sugar-free? Did they sweeten it with an artificial sweetener? Read labels carefully!