



Fast Food

"Fast-food" is highly processed , quickly prepared food that is packaged for take-out or eaten "on the go."

Concerns:

- Contains excessive calories. 2,000 calories is considered a healthy amount of calories for an adult. A regular "fast-food" meal consists of 1,430 calories.
- Trans fat, commonly found in fast-food, is shown to increase heart disease, abdominal fat, bad cholesterol, blood sugar problems and weight gain.
- Synthetic ingredients.

Log onto slowfoodusa.org which is a slow food organization where they aim to preserve local dishes and related food plants and seeds, local animals and farming. They also:

- Teach gardening skills
- Form seed banks to preserve heirloom varieties
- Educate citizens about drawbacks of commercial agribusiness and factory farms
- Lobby against use of pesticides
- Lobby against government funding of genetic engineering
- Educate consumers about the risk of fast food

Yours for health naturally,

Dr B

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