

FAST FOOD

- **To stay healthy, eat home-cooked meals and limit the amount of fast food you and your children eat.**
- Fast foods are sold at restaurants, such as McDonalds, Burger King, Wendy's, Taco Bell and Kentucky Fried Chicken.
- Grocery stores also sell fast food at the deli sections or in readily packaged and frozen food sections.
- Fast foods have more calories and higher amounts of fat, sugar and salt that can be harmful to your health.
- Eating too much fast food can cause:
 - › Quick weight gains that are unhealthy
 - › Obesity, especially in young children
 - › High blood pressure and other risks for heart disease

