

Fast food



We all love hamburgers, fried fries, and various sauces. But everyone _____ that fast food is bad for health. At the same time, people do not want to give up such tasty, but very harmful food. Probably the only advantage of such meal is that it is _____ prepared and inexpensive.

The life of modern people proceeds at a fast pace, and often there is not enough free time to eat. For such people, this is the only _____ in such situations. Therefore, fast food is very popular and such cafes are opened in different places. Usually the menu _____ of simple dishes: fried potatoes, salads, hamburgers, cheeseburgers, milkshakes, various sauces. This food is _____ to health. It does not contain vitamins and nutrients. It includes dye and flavors. It has a lot of fat and calories. The person is disturbed by the metabolism, which leads to obesity.

If you can not _____ refuse fast food, you should be more particular about products when choosing the menu. It is advisable to stop preference on dietary dishes, vegetable salads with olive oil. Do not use spices, mayonnaise and fatty sauces. It is very important to chew food thoroughly and never to drink carbonated water. All these rules will help to fans of fast food to reduce the risk of disease.

KNOW

QUICK

SOLVE

CONSIST

DANGER

COMPLETE