



## Is Fast Food Making you Slow?

It's been a long day. Its late and you're stuck in traffic. You're starving. The idea of preparing dinner is about as exciting as heading off for a 10km run. You decide to take the main road home and choose dinner from one of the many fast food take away outlets that you'll drive past.

Fast food has become an integral part of a busy lifestyle. It's convenient, predictable and, surprise - fast! Yes, fast food helps make our hectic lives infinitely easier but when you're on a first name basis with the local drive through or Mr Delivery...things cannot be looking too good.

It's not news to you that most fast food choices are bad for your health. Packed with artery-clogging, heart-attack-causing amounts of kilojoules, fat and sodium and lacking vitamins and minerals, many fast food items are essentially death traps in little cardboard boxes, if they are not incorporated correctly into a balance diet.

It's not just the quality but the quantity we eat when eating fast food. The fact is that your fat intake for one fast food meal alone, whatever it is, will usually far exceed your fat allowance for an entire day!

The portions are also distorted and we are encouraged to supersize. Sure, you may be getting value for money. But, you'll be getting value for waistline as well!

Many of us eat mindlessly without any sense of awareness of is actually in the meal or snack or drink we are consuming. Consider some examples of commonly eaten items below...



### 100g Chocolate bar is equivalent to...

Energy: 1800kJ (450cal)  
 Sugar: 56g (Eish! 12 teaspoons)



### 500ml sports drink (Energade/Powerade)

Energy: 600kJ (150 cal)  
 Sugar: 35g (7 teaspoons – almost the same as any sugared cold drink)



### Large bran Muffin

Energy: 3000kJ (7500 cal)  
 Carbs: 100g (Imagine this - 6 ½ slices of bread)

Many foods we eat during the day may fill the gap but they are far from providing us with the nutrients we need and deserve in order to function optimally. We therefore end up well fed yet malnourished.

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