

PROS AND CONS OF FAST FOOD

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Introduction. Fast food is one of those subjects, which people will always discuss—those who eat it and those who advise us against eating it. But the industry is booming, and there doesn't seem to be any shortage of new fast food outlets opening...so it can't be all bad, can it?

Some recognizable fast food restaurants are:

- Burger restaurants: McDonalds, Burger King.
- Soup and sandwich shops: Subway.
- Southern cooking: KFC, Long John Silvers, Popeye's.
- Coffee shops: Dunkin' Donuts, Starbucks.
- Pizzerias: Dominos, Papa Johns, Pizza Hut.
- Other local fast food

The pros of fast food

- Fast food refers to food that can be prepared and served quickly. Fast food restaurants usually have a walk up counter or drive-thru window where you order and pick up your food.

- Fast food restaurants are also popular because they serve filling foods that taste good and don't cost a lot of money.

- Many fast food chains are changing their menus so there are more healthy options to choose from. For example, some chains no longer serve foods with trans-fat, and many have menu items that contain fruits and vegetables. If you're having fast food more than once a week, try to make healthier choices.

The cons of fast food

There is no such thing as a "bad" food, but there are some foods you should try not to have on a regular basis.

- Because fast food is high in sodium, saturated fat, trans-fat, and cholesterol, eating too much over a long period of time can lead to health problems such as high blood pressure, heart disease, and obesity.

- Fast food is usually cheap because it's often made with cheaper ingredients such as high fat meat, refined grains, and added sugar and fats, instead of nutritious foods such as lean meats, fresh fruits, and vegetables.

- Fast food also lacks many of the nutrients, vitamins, and minerals our bodies need. It's helpful to remember that with fast food, moderation is important.

- 'Super sizing' and 'deals' encourage you to buy more than you initially intended just to get a few pounds shaved off of the bill. Don't buy such offers like 'buy one get one free' pizza deals – most people either want or need extra portions.

In conclusion, I want to say that it's your choice whether to eat fast food or not. It has a lot of advantages and disadvantages. People should learn to eat fast food carefully and remember the pleasure of eating good food in good company.

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