



## **Fast Food Facts from Health Stand Nutritional Consulting**

### ***Fast Food is Fat Food***

A typical fast food meal including a deluxe hamburger, large fries, and large pop has approximately 1400 Calories and 15 teaspoons of fat!

### ***Sweet Nothings!***

One can of regular pop contains about 10 teaspoons of sugar and 150 calories. Sugar supplies "empty calories" with no fibre, vitamins or minerals.

### ***Soy Good***

Soy foods are helpful in reducing the risk of heart disease, osteoporosis and menopause symptoms. It may also reduce the risk of breast and prostate cancer.

### ***Mega Omegas***

Omega-3 fatty acids found in fish and flax seeds can reduce the risk of heart disease and cancer.

### ***Recovery Nutrition***

The type and time you consume food following exercise significantly affects recovery and results. For an athlete, your recovery nutrition meal is the most important meal of the day!

### ***Gimme 5!***

Are you getting enough vegetables and fruit? You need 5-10 servings per day to supply a healthy amount of energy, fibre, antioxidants, and natural health promoting compounds called phytochemicals!

### ***Pro-Protein?***

Popular high-protein diets currently marketed in books are usually nutritionally imbalanced and may have a negative impact on your long-term health.

### ***Think Before You Drink!***

If you drink two beers or two glasses of wine a day, that's about 1,400 Calories a week or 73,000 Calories a year-enough to create 20 pounds of weight gain a year!

### ***Calling All Veggie Heads***

Being vegetarian is not necessarily healthier. It takes more work and planning to make sure you get all the nutrients you need.

### ***Go Nuts!***

Eating nuts, seeds, and peanut butter is protective on heart health because they contain a high amount of healthy monounsaturated fat.

For further information try <http://www.healthstandnutrition.com/infotxt.htm>