

Persuasion

'Fast Food ... Be Careful What You Eat!' By:
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Although many of us find fast food convenient when we are in a rush, it is a bad idea to eat it too much or too often. Recently, McDonald's has had the two dollar deal: a Big Mac and small fries. This is a very big temptation, and even my brother (who doesn't normally eat at McDonald's) bought this meal last week. But what did he eat when he ate the two dollar meal deal? First, in the hamburger he got 570 calories, with almost half of them coming from fat. Ten grams of this fat is saturated, the most dangerous kind, the kind which is harmful to our heart. The American Food Guide recommends that we "choose lower-fat foods more often." My brother also got a small fry. Sorry to say, there are another 210 calories even in the small fries, with 10 more grams of fat. I'm sure he got a small drink as well, which adds another 150 calories. Now, imagine if he eats this dinner more than once a week! A two dollar meal contains a lot of fat. So, even though it is very handy, and cheap to buy fast food, it is quite shocking to see just how much fat we are eating. I picture my brother's veins getting all clogged up and the blood not being able to flow through the fat and grease. I think I'll go and eat an apple instead.