**Fact Food Facts**

There are more than 300,000 fast food restaurants in the U.S. Why is fast food so popular? Because it is convenient, predictable, and fast. Fast food has become a part of the busy American lifestyle. But, nutrition experts point out, fast food is often high in calories, sodium, fat and cholesterol. This does not mean fast food is bad. But it does mean you should fit fast food into a balanced, healthy diet.
On the average, to maintain desirable weight, men need about 2,700 calories per day and women need about 2,000 calories per day. It is not well understood why some people can eat much more than others and still maintain a desirable weight. However, one thing is certain -- to lose weight, you must take in fewer calories than you burn. This means that you must either choose foods with fewer calories, or you must increase your physical activity, preferably both. Most Americans get more than 40 percent of their daily calories from fat, the American Heart Association recommends limiting fat to less than 50-80 grams per day.
Fast food meals can be high in calories, fat, sodium, and cholesterol.

**Fast Food Facts**

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| **1** | **Why is fast food so popular in US?** |
|  |  |  | Because it is good for your health and it is fast. |
|  |  |  | Because American way of life is on fashion. |
|  |  |  | Because American people are very busy and fast food is ready to take. |
|  |  |  | Because American do not like cooking. |
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| **2** | **If you want to lose weight, what should you do?** |
|  |  |  | It is not important what you eat, providing you eat less. |
|  |  |  | Take in fewer calories than you spend |
|  |  |  | Eat food which contains less fat and consequently fewer calories. |
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| **3** | **Some people eat much more than others, but still don't put on weight, Why?** |
|  |  |  | We don't really know it. |
|  |  |  | They burn more calories than others. |
|  |  |  | They do not eat fast food meals. |
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