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HOW TO EAT FAST FOOD WITHOUT HARM FOR HEALTH

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Fast food is any food that is quick, convenient, and usually inexpensive. You can buy fast food just at any shop that sells food and snacks. Vending machines, fast food restaurants, and 24 hour convenience stores are probably the most common places to find fast food. It's so popular because for under 10 hrn. you can usually get a filling meal. However, fast food is inexpensive because it is usually made with cheaper ingredients such as high fat meat, refined grains, and added sugar and fats, instead of nutritious foods such as lean meat, fresh fruit and vegetables.

Someone can think that fast food is "bad" thing. There is no such thing as a "bad" food. All foods can fit into a healthy meal plan. It's true that fast food is usually high in fat, calories, cholesterol, and sodium, but eating limited quantity of fast food doesn't cause you problems. If you eat too much fast food over a long period of time, though, it can lead to health problems such as high blood pressure, heart diseases and obesity.

There is another problem because someone can think that some fast food healthier than others. Is this true? Many fast food chains are revamping their menus to respond to customer comments. For example, some chains no longer serve foods with trans fat, and many have menu items that contain fruits and vegetables. If you are having fast food more than once a week, try to make healthier choices. Here are some tips:

- Choose foods that are broiled over a pan such as a grilled chicken sandwich instead of fried chicken or chicken nuggets.
- Choose soups that are not cream based (For example: If the name of the soup includes the word cream, such as "Creamy Tomato Soup", avoid ordering it).
- Have low-fat salad dressings instead of the full-fat kind.
- Have a salad or soup instead of fries.
- Use mustard or ketchup instead of mayonnaise.
- Order smaller portions. For example: instead of a large sub, try a small sub with a side salad or piece of fruit.
- If you are getting a side, order a small, or a kid sized portion. A large fry has approximately 500 calories and 25 grams of fat, while a small fry has about 60% less fat and calories (230 calories and 11 grams of fat).
- When ordering a sub or sandwich, select leaner meats like turkey or grilled chicken instead of fried items such as burgers or steak, and cheese sandwiches.
- Choose water, low-fat milk, or diet sodas instead of regular sodas, fruit drinks, milkshakes.
- If fruits is available, try to add them into your meal. For example, have lettuce and tomato on sandwiches or burgers.

We must try to balance fast food with other nutritious foods throughout the day and make healthier choices whenever possible. There are many healthy food choices that are easily available, tasty, and don't cost very much that can be eaten on the run. Fast food does not have to be bad for you. By making smart choices, eating in fast food restaurants can be healthy.