

## Part 4, Chapter 42: Fast Food, and Especially Fried Fast Food

I repeat myself but let me preface this discussion to say that I'm not against restaurants. Some serve excellent food. I don't even have any major issues with certain fast food companies. To be sure, I'll occasionally go to Subway—some of their entrées are at least marginally healthy. Too, Emmale occasionally goes to Wendy's. I understand they have decent salads.

The biggest problem with the majority of fast food restaurants is that they fry much of their food in hydrogenated oil, or cook their food on greasy griddles. I've already talked about how destructive hydrogenated and trans fat oils are to the body. Still, it goes beyond how 'foods' are cooked.

Dr. Joel Fuhrman considers fast food to essentially be fatal food. In terms of weight gain he describes it as food that is quickly metabolized wherein it is mostly stored as fat in the body and opposed to slow food, fresh fruits and vegetables, that are metabolized slowly while not contributing to weight gain.<sup>{1}</sup> His understanding of weight lose and the true cause of weight gain is impressive. Trying to lose weight while consuming fast foods is tantamount to trying to drain a swimming pool with a straw.

Renee Jacques wrote an article titled "These Disturbing Fast Food Truths Will Make You Reconsider Your Lunch".<sup>{2}</sup> Suffice it to say that much of what makes up fast food is not something I'd be willing to eat.

One researcher made this interesting discovery regarding what is in the eggs served at Subway.

David DiSalvo, a writer at Forbes, decided to really look into the eggs in popular fast food breakfast sandwiches. What he discovered was that their "eggs" are really a strange concoction that includes eggs and "premium egg blend." Some things that are in this special blend include glycerin, a solvent found in soap and shaving cream, dimethylpolysiloxane, a silicone that can also be found in Silly Putty, and calcium silicate, a sealant used on roofs and concrete. The age of just cracking an egg and cooking it has long since passed.<sup>{3}</sup>

I had one of these entrées once. I'm not really surprised at his findings. I'm not sure how to describe the taste—artificial is the best I can come up with—and I've never had another of these entrées.

Here's a 'fun' one. Shown in the picture is McDonald's Chicken McNuggets before and after, or so the article



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claims. The process is described as follows:

“Mechanically-separated meat” is a mixture created when the bones and carcass of a leftover chicken are mixed together in a food processor. There’s been a lot of back and forth about what that lovely pinkish sludge actually looks like, but chef Jamie Oliver decided to create a chicken mixture, shown above, to show what it might theoretically look like. This slime is then molded into a nugget shape, breaded and fried. However, McDonald’s has released a statement indicating that the company “does not process any of its meat products in the manner that is described in the mechanically separated chicken story or photo” and that nuggets made in the U.S. are “made from USDA inspected boneless white meat chicken.” Reddit user “Dfunkatron,” who claimed to be a former McDonald’s employee, told a horrifying story about his workplace: “[...] I accidentally left a whole bag of about 100 chicken nuggets out on a counter for way too long. They melted into a pool of liquid. I never understood why. But they were completely indiscernible as being the nuggets I once knew.”<sup>{5}</sup>

I think I’ll pass. (I’ve never had these; I never intend to have these, either.) As Sherlock Holmes might say, “Me thinks something is afoot.”

The stories get worse but I’ll spare the reader.

The following discussion cuts to the chase. It’s from lovetoknow.com and is titled “Reasons Fast Foods Are Bad For You”.<sup>{6}</sup>

They emphasize that eating fast food on a regular basis can have disastrous consequences. Just ask Morgan Spurlock, talked about earlier, who ate all his meals at McDonalds for a month and produced the movie “Supersize Me”. Doing so almost killed him.

- 1 Sodium. Fast food is notoriously high in sodium. Your kidneys rid your body of salts, but consuming too much salt causes it to build up in your system. This forces your heart and kidneys to work harder.
- 2 Trans fats. Perhaps the most concerning substance in fast food is trans fat. The resulting fat is considered ... to be one of the most deadly things you can consume. A diet high in trans fats greatly ups your risk of type 2 diabetes, heart attack, and stroke.
- 3 Too much sugar. While most people know about the high fructose corn syrup in soft drinks, sugar is also abundant in fast food. Eating too much sugar increases your risk of weight gain and metabolic syndrome.
- 4 Empty calories. Despite its high caloric content, fast food offers very little nutritional value in return.
- 5 Weight gain. Consistently eating too much sugar, fat, empty calories, and sodium will likely cause weight gain.
- 6 Digestive problems. Fast food is notoriously hard on your digestive system. Those who eat a poor diet are more likely to experience stomach upset and digestive problems. Conditions, such as acid reflux, gastroesophageal reflux disease (GERD), and irritable bowel syndrome (IBS) may develop or worsen in those that consistently eat fast food.
- 7 Food poisoning. According to the Centers for Disease Control and Prevention, approximately 9.4 million people suffer from food borne illnesses each year. While fast food isn’t responsible for all cases, it is known for causing [significant numbers of] food poisoning [incidents].
- 8 Ingredient quality. When you cook at home, you control the ingredients. When you eat fast food, you usually ingest the main protein, such as ground beef or chicken breast, as well as preservatives, artificial colors, and artificial flavors. In addition, [the] meat quality may be questionable [as noted earlier].
- 9 Offsetting good food. When you eat empty calories, you’re offsetting the good food you could be eating in its place.<sup>{7}</sup>

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To my way of thinking, at best you have to be extremely careful about anything you buy from a fast food restaurant. It's clearly not the sort of food you want to build your diet on. It can also get expensive, too. There's really no question that you're far better off making your food at home where at least you know what's in it. Too, when focused on a 90%-95% vegan diet, there's really no reason to be purchasing the crap promoted by these, at best, questionable businesses.