

Fast Food Frenzy

Eighty four percent of parents reported taking their children to a fast food restaurant at least once a week.



There are many reasons why we eat fast food. Fast food is convenient, it tastes good, the portions are large, and it's made quickly (and we're HUNGRY)! But eating too much fast food can cause problems. This month the students learned about the consequences of eating too much fast food and discussed healthier alternatives that are available.



Kids that eat fast food consume 187 more calories per day than those that don't. Over one year, this can cause a 6 pound weight gain.

Increasing concern about health in the United States has led to fast food restaurants lowering the fat content of their foods or offering healthier options for consumers. But there are still plenty of reasons to limit eating fast food:

1. It is typically high in calories, fat, preservatives, salt and sugar (which mean it's not good for us)!
2. It usually lacks nutritious ingredients like whole grains, fresh fruits, vegetables, or lean meats.
3. Fast food consumption can lead to weight gain, high blood pressure, diabetes or heart disease.

Consumers in the United States spend over \$100 billion a year on fast food.



Instead of having a burger and fries for dinner, try this recipe for Fiesta Pizzas that is quick, easy and inexpensive to make for the whole family!

Fiesta Pizzas

- 1 can black beans
- 1 lime
- 4 whole wheat tortillas
- 1 cup salsa
- 1 cup shredded cheese
- Corn, avocado, green onion or black olives (optional)



Rinse black beans, and place in a bowl. Mash with a fork or potato masher until slightly lumpy. Spread evenly onto the 4 tortillas. Top with salsa, cheese or other ingredients as desired. Can be enjoyed cold or heat in a microwave or oven for a few seconds.