

THE HORRIFYING FACTS ABOUT FAST FOOD

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5 Horrifying Fast Food Facts

I used to be a chronic yo-yo dieter. I would hop on one diet, lose some weight, fail because it was totally unsustainable, fill my face with junk food, feel guilty and.

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5 Horrifying Fast Food Facts

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Fast Food Statistics: 23 Shocking Facts and Habits

Jul 1, We all know fast food isn't the healthiest of options, but these facts may surprise you and deter you even further from the convenient chain.

Grossest things people claim to have found in fast food - INSIDER

Oct 4, For better or worse, fast food is a part of most North American diets – a quick, easy and inexpensive meal solution that fits those hectic.

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This food additive, called silicon dioxide, is used as an anti-caking agent in meat-based products such as chili including that sold by chains like Wendy's and Taco Bell. Close icon Two crossed lines that form an 'X'.

More than 3. Remember: ultimately you are the one who decides what you buy, how. Some people like to eat fast food more than. Men are more likely to choose fast food than the fairer sex, but only by a slim margin. The mean amount of calories in a typical fast food meal is a study published in BMJ Open found that ultra-processed foods contributed