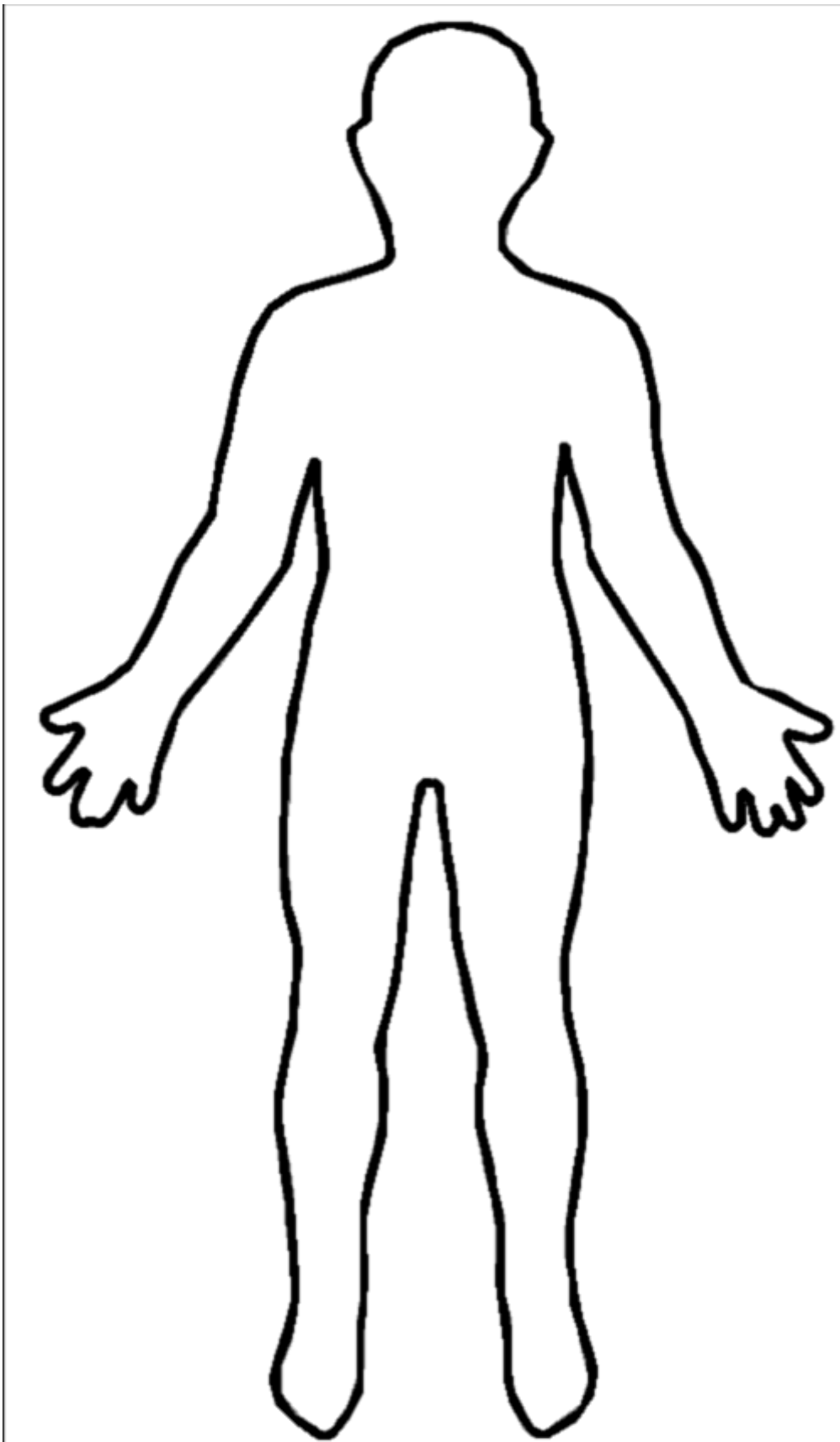


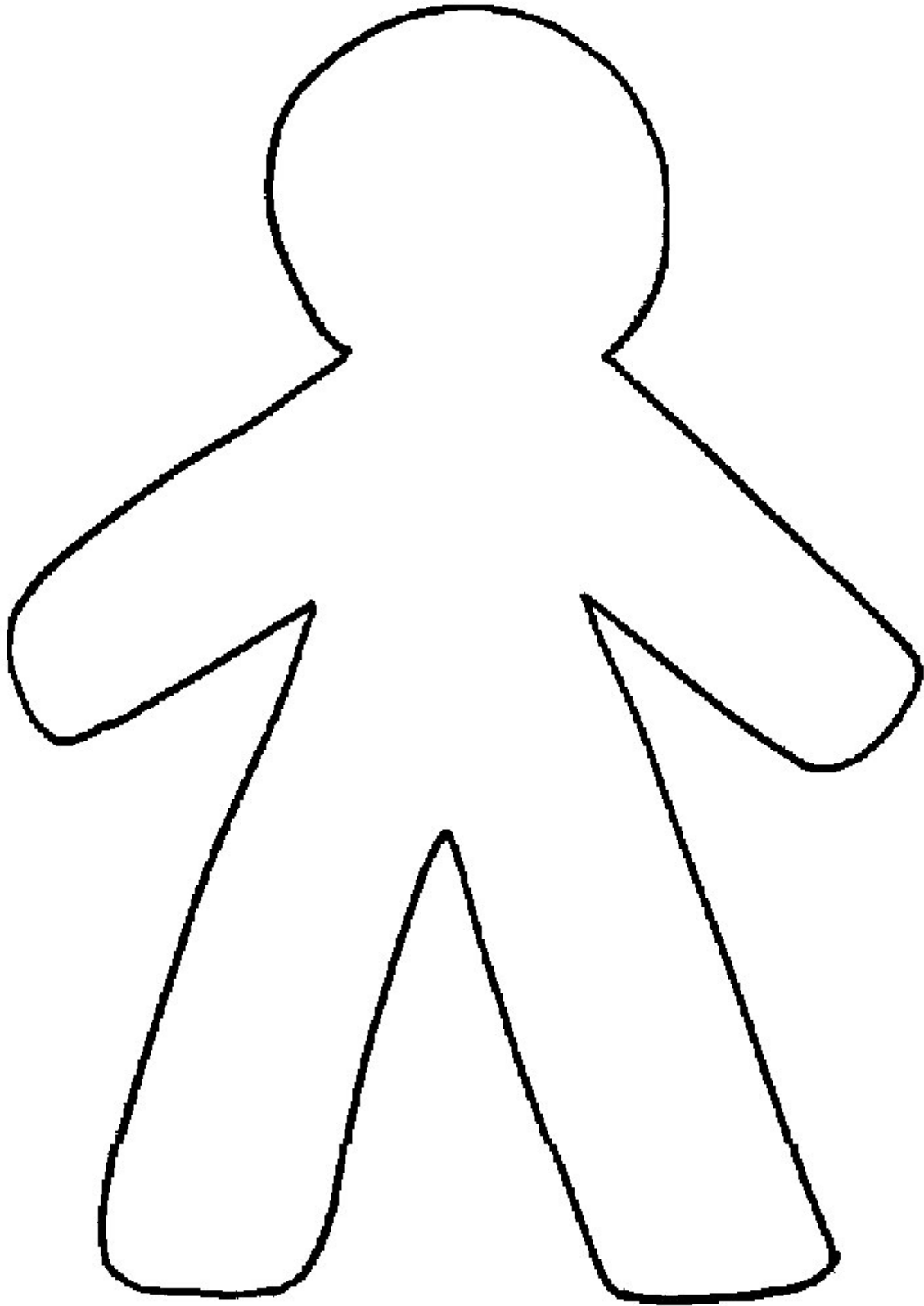


Healthy You





Healthy You



headache

Eating foods filled with sodium, like many fast foods, can increase your risk for headaches.

depression

Eating fast food and processed food may increase your risk for depression.

acne

Carbs, not grease, can trigger acne. Carb-heavy fast food like french fries, hamburger buns, and potato chips may lead to acne breakouts.

dental distress

The carbs and sugar in fast food produce acids that can destroy tooth enamel. This can lead to dental cavities.

heart disease or stroke

Elevated cholesterol and increased blood pressure are two of the top risk factors for heart disease and stroke.

shortness of breath

Extra calories can turn into excess pounds. Without exercise to counteract the increase in calories, obesity may become a reality. Obesity can cause shortness of breath and wheezing, even when you do very little physical activity.

high cholesterol

Fried foods are filled with trans fats. These fats are known to raise LDL (bad) cholesterol levels.

high blood pressure

Fast food is typically sodium-heavy, which can elevate blood pressure or aggravate existing heart disorders, including congestive heart failure.

weight gain

Even though you may think you're eating "healthy," you may still underestimate the number of calories you're consuming. This can lead to unintentional weight gain.

extra calories

People who eat at fast-food restaurants tend to take in an extra 187 to 190 calories per day.

blood sugar spike

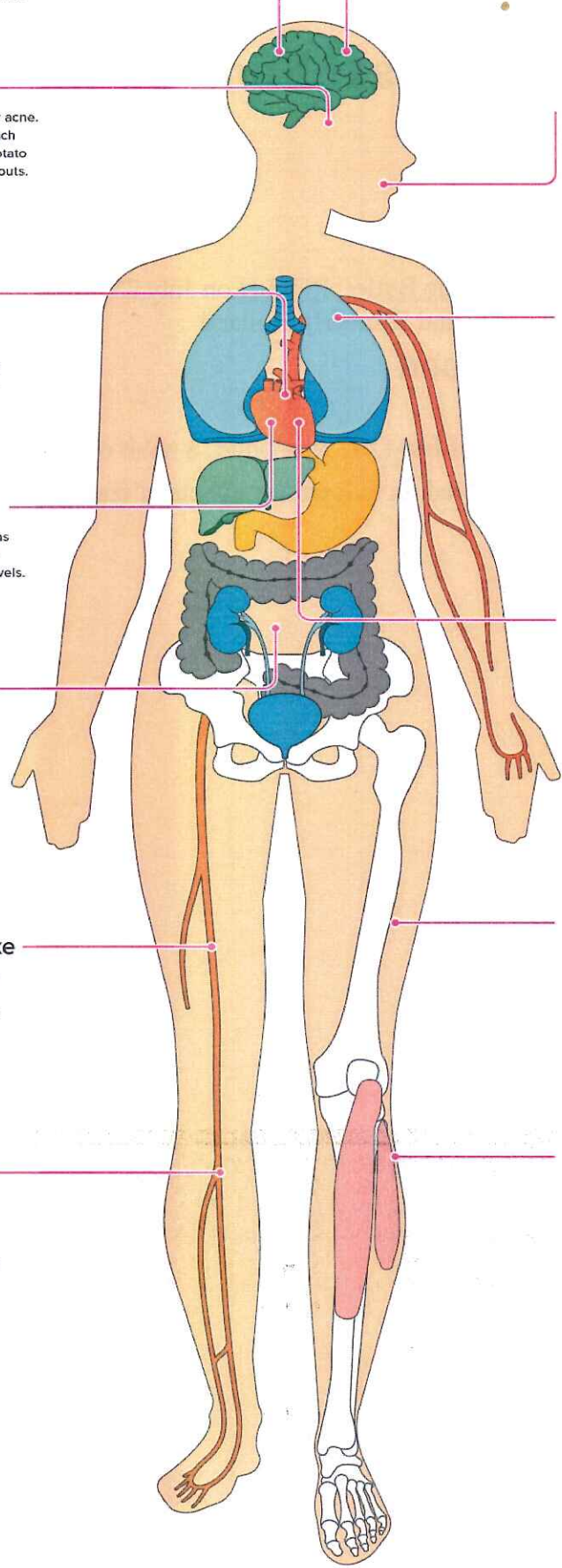
Fast food is filled with empty carbohydrates, which can cause frequent insulin spikes. This may alter your body's natural insulin response.

bloating and puffiness

Your body may retain water if you eat too much sodium, leaving you feeling puffy, bloated, and swollen.

insulin resistance

Fast food can lead to frequent insulin spikes. This can lead to insulin resistance and type 2 diabetes.



Which Takeaway is the Lowest Calorie Option?

McDonalds	1 = Lowest Calories, 3 = Highest Calories
Big Mac and Regular Fries	
Cheeseburger and Regular Fries	
Chicken Nuggets and Regular Fries	

KFC	1 = Lowest Calories, 3 = Highest Calories
3 Thighs, Regular Fries and Caramel Fudge Kreamball	
Zinger Burger, Regular Fries and Malteser Krushem	
Regular Popcorn Chicken, Regular Fries and Regular Fanta	

Subway	1 = Lowest Calories, 3 = Highest Calories
12" Tuna Sub	
12" Chicken and Bacon Melt	
12" Subway Club (Turkey and Ham)	

Dominos	1 = Lowest Calories, 3 = Highest Calories
Mighty Meaty (3 slices)	
Texas BBQ (3 slices)	
Veg-a-Roma (3 slices)	

Chinese	1 = Lowest Calories, 3 = Highest Calories
King Prawn Satay and Boiled Rice	
Sweet and Sour Chicken Balls with Egg-fried Rice	
Beef Curry with Boiled Rice	

Indian	1 = Lowest Calories, 3 = Highest Calories
Chicken Jalfrezi and Boiled Rice	
Chicken Korma with ½ Pilau Rice and ½ Naan	
Chicken Tikka Masala with Boiled Rice	

Fish and Chips	1 = Lowest Calories, 3 = Highest Calories
Small Battered Cod, Small Chips and Mushy Peas	
Steak and Kidney Pie and Large Chips	
1 Jumbo Sausage and Large Chips	

Nandos	1 = Lowest Calories, 3 = Highest Calories
Chicken Butterfly and Spicy Rice	
Chicken Breast Fillet Pitta and Fries	
10 Chicken Wings and Garlic Bread	

Which Takeaway is the Lowest Calorie Option?

McDonalds	1 = Lowest Calories, 3 = Highest Calories
Chicken Nuggets and Regular Fries	596 calories
Cheeseburger and Regular Fries	648 calories
Big Mac and Regular Fries	845 calories

KFC	1 = Lowest Calories, 3 = Highest Calories
Regular Popcorn Chicken, Regular Fries and Regular Fanta	755 calories
Zinger Burger, Regular Fries and Malteser Krushem	1075 calories
3 Thighs, Regular Fries and Caramel Fudge Kreamball	1525 calories

Subway	1 = Lowest Calories, 3 = Highest Calories
12" Subway Club (Turkey and Ham)	556 calories
12" Tuna Sub	710 calories
12" Chicken and Bacon Melt	1006 calories

Dominos	1 = Lowest Calories, 3 = Highest Calories
Veg-a-Roma (3 slices)	531 calories
Texas BBQ (3 slices)	597 calories
Mighty Meaty (3 slices)	621 calories

Chinese	1 = Lowest Calories, 3 = Highest Calories
King Prawn Satay and Boiled Rice	1175 calories
Beef Curry with Boiled Rice	1358 calories
Sweet and Sour Chicken Balls with Egg-fried Rice	1833 calories

Indian	1 = Lowest Calories, 3 = Highest Calories
Chicken Jalfrezi and Boiled Rice	914 calories
Chicken Tikka Masala with Boiled Rice	1636 calories
Chicken Korma with ½ Pilau Rice and ½ Naan	1746 calories

Fish and Chips	1 = Lowest Calories, 3 = Highest Calories
Small Battered Cod, Small Chips and Mushy Peas	707 calories
1 Jumbo Sausage and Large Chips	1259 calories
Steak and Kidney Pie and Large Chips	1343 calories

Nandos	1 = Lowest Calories, 3 = Highest Calories
Chicken Butterfly and Spicy Rice	558 calories
Chicken Breast Fillet Pitta and Fries	755 calories
10 Chicken Wings and Garlic Bread	987 calories