Energy, Balance, Action

Live your Life.

Why eat less fast food? The majority of fast food is:

- **High** in **fat** and **calories**
- **Low** in **vitamins** and **minerals** our bodies need to stay healthy
- **High** in **salt** which can lead to **health problems**
- **Large** portion sizes

Benefits of eating less fast food:

- **Save money** – fast food can be **expensive**
- Get the vitamins and minerals you need from **fresh** items, such as **fruits** and **vegetables**
- Can **control portion sizes** more easily, making it easier not to overeat
- **Lower** your **risk** for obesity
- **More time** with your **family** by having a sit down meal

StLuke's
UNIVERSITY HEALTH NETWORK