Here are some shocking statistics you should know before pulling through that drive-thru:

Fast food restaurants in America serve <u>**5 million**</u> customers per day. In 2015, Trans fats, which found in most commercial baked goods and fried foods, were officially deemed by the FDA to cause high cholesterol– the leading cause of heart disease in the U.S. According to the American Beverage Association, American consumers on average drink more than **54 gallons of carbonated soft drinks each year** making carbonated soft drinks the most popular beverage in the U.S., almost three times more popular than bottled water, milk or coffee. McDonald's sells an average of <u>**75 hamburgers**</u> every second. **44 percent** of people report eating out at least once a week. On any given day, <u>**34 percent**</u> of children between ages 2 and 19 consume fast food. **The average American spends <u>an estimated $1,200</u> on fast food each year. Children consume an estimated <u>12 percent</u> of their calories from fast food.**

Eating out less is good for your health, good for your waistline, good for your moods and good for your wallet. You'll be glad you made the change. **God Wants you to live, why will you die before your time?** Eat to live and don't live to Eat!

"DRIVE-THRU DEATH DIET"

Are You Aware that Our Cities have become the home of the Drive-Thru and the Drive-By? Tragically, the Drive-Thru's are killing More African- American Males and Females than the Drive-Bys?!

The Fast Food Industry's Weapons of Distraction

Distraction is the mother and father of deception. Fast foods kills more than wars, famine, and Genocide. A study published in Circulation found that **eating fast food** one time per week increased the risk of dying from coronary heart disease by 20% — a risk that grew to 50% for people **eating fast food** two or three times per week. Although there are a growing number of healthier **fast food** options, most **fast food can** still be classified as junk **food.** Eating a poor quality diet high in junk **food** is linked to a higher risk of obesity, depression, digestive issues , heart disease and stroke, type 2 diabetes, cancer, breast cancer, and colon cancer. Each serving-per-day increase in soda
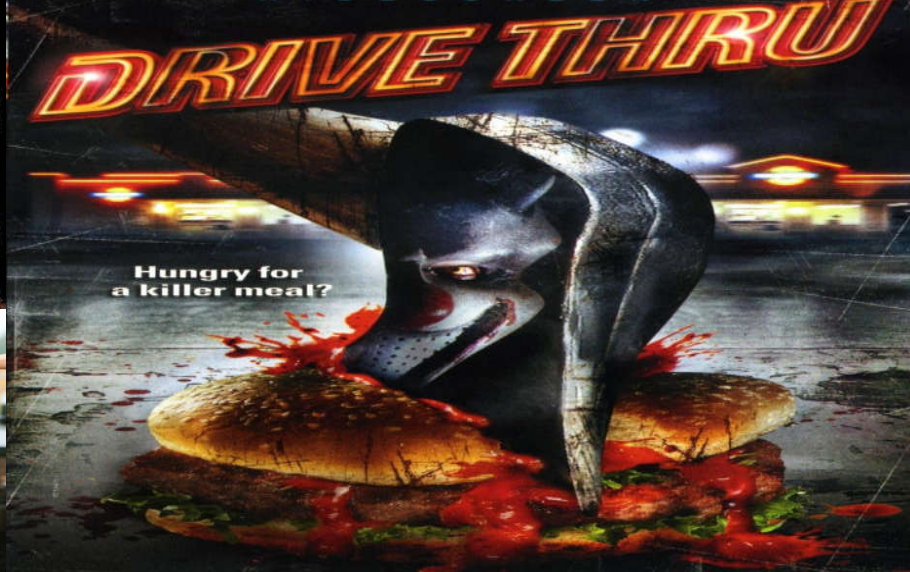
Fast Food, Fast Casket!

consumption was associated with a 10% higher risk of heart disease-related death, the study states. To a lesser degree, more soda consumption was also linked to an increased risk of developing breast and colon cancers. **Fresh evidence supports the link between cancer and sweet, salty processed foods.** Fast food breakfast cereals, potato chips cookies, and sausages. These foods are tasty and omnipresent, and they are killing us. Some of these processed foods included dehydrated soups, processed meats, biscuits, and sauces all loaded with sodium for its preservative properties. According to the **Historical Atlas of the 20th Century** 203 million people died died last century from war and oppression; this figure includes everyone who died as both military and collateral civilian casualties from conflicts, genocide, politicide i.e., the extermination of people who share a political belief), mass murders, and famines.

That an average of 2 million deaths per annum!

Now consider that the **World Health Organization** estimates that at least 2.8 million people currently die annually from conditions linked to overweight and obesity, such as coronary heart disease, ischemia (brain stroke), and diabetes. In other words, conditions linked to overweight and obesity kill 40 percent more people than wars, famine, dictators, murderers, and politicians put together. The problem with junk food isn't just that consuming it begets unnatural overeating; it's also packed with unhealthful fats, toxic chemicals, hormones, mystery pharmaceuticals, fillers, and gross "natural flavors" like **beaver-butt juice**.