

# Are you supersizing yourself with fast food?

## **Frequent trips to the drive-through line mean fewer vitamins, more calories**

The odds that frequently eating fast food meals can "supersize" you are real. But to prevent unwanted and unhealthy weight gain, is it enough to change your choice of food, drink, or portion sizes at fast food restaurants? Or do you need to change your attitudes about eating and the places where you eat?

According to a recent, large nutrition survey, American adults and children who eat fast food meals more frequently tend to consume more calories, fat and sodium.

They receive less of several vitamins and minerals. In fact, on a typical day, almost a third of children and teens eat at a fast food restaurant. These individuals consume almost 200 extra calories, including nine more grams of fat and more than two extra tablespoons of sugar, than those who don't eat at fast food restaurants.