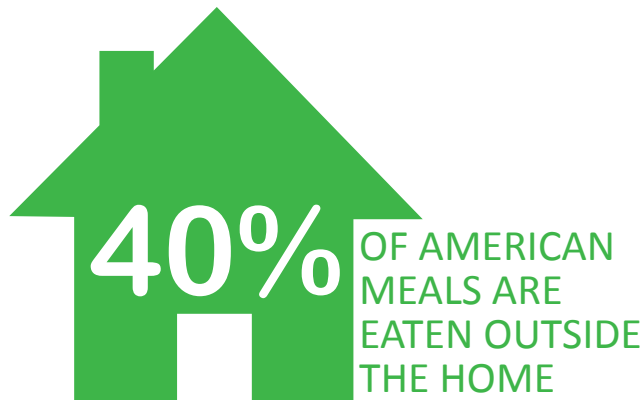
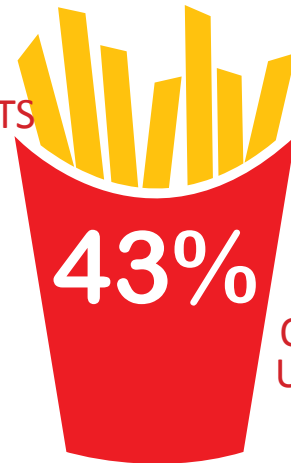


Here are some facts you might not have known.



- Each day, 1 in 4 Americans visits a fast food restaurant
- The top fast food company operates more than 30,000 restaurants in more than 100 countries on 6 continents
- Most nutritionists recommend not eating fast food more than once a month

FAST FOOD RESTAURANTS REPRESENT



OF TOTAL U.S. FAST FOOD MARKET

- In 1972, we spent 3 billion a year on fast food - today we spend more than \$110 billion
- French fries are the most eaten vegetable in America
- Fast food restaurants feed more than 46 million people a day - more than the entire population of Spain

60%

of all Americans are either overweight or obese

- Left unabated, obesity will surpass smoking as the leading cause of preventable death in America
- You would have to walk for 7 hours straight to burn off an extra large sized soda, fry and hamburger
- In the U.S., we eat more than 1,000,000 animals an hour
- The World Health Organization has declared obesity a global epidemic

THE AVERAGE CHILD SEES

10,000

TV ADVERTISEMENTS PER YEAR

- 1 in every 3 children born in the year 2000 will develop diabetes in their lifetime
- Fast food restaurants distribute more toys per year than Toys-R-Us
- Before most children can speak they can recognize fast food logos



Cornell University
Cooperative Extension
of Suffolk County
Family Health and Wellness Program



SOURCE: Supersize Me

Save money, Save calories, Protect your health--Prepare more meals at home!