# **Infogap Reading – Fast Food Facts**

## **A**

According to data from the United States Department of Agriculture (USDA), fast food accounts for a significant portion of the American diet. In 2017, about 12.4% of the total daily caloric intake of Americans came from fast food. This is equivalent to about 248 calories per day on average. Fast food is also a significant source of added sugars, with about 11% of added sugars in the American diet coming from fast food.

The **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** levels of fast food consumption in the United States have been linked to negative health outcomes, such as obesity, **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, and diabetes. Approximately **\_\_\_\_\_\_\_\_\_\_** % of adults in the United States are **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, and a diet high in fast food is a contributing factor. Fast food is often high in **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, fat, and added sugars, which can contribute to weight gain and other health problems.

However, fast food also has some positive aspects. It is often relatively cheap and is widely available, making it a convenient option for people with busy schedules or limited financial resources. In addition, some fast food chains are now offering healthier options, such as salads and grilled chicken sandwiches, which can be a more nutritious choice.

Overall, it is important for people to be aware of the potential **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  and benefits of fast food and to make informed decisions about their **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  choices. This may involve balancing the convenience and affordability of fast food with the need for a healthy and **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  diet.

# **Infogap Reading – Fast Food Facts**

## **B**

According to data from the United States Department of Agriculture (USDA), fast food accounts for a significant portion of the American diet. In 2017, about **\_\_\_\_\_\_\_\_\_\_\_** % of the total daily caloric intake of Americans came from fast food. This is equivalent to about **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** calories per day on average. Fast food is also a significant source of added **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,** with about **\_\_\_\_\_\_\_\_** % of added sugars in the American diet coming from fast food.

The high levels of fast food consumption in the United States have been linked to negative health outcomes, such as obesity, heart disease, and diabetes. Approximately 40% of adults in the United States are obese, and a diet high in fast food is a contributing factor. Fast food is often high in calories, fat, and added sugars, which can contribute to weight gain and other health problems.

However, fast food also has some **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** aspects. It is often relatively cheap and is widely available, making it a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** option for people with busy schedules or limited **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** resources. In addition, some fast food chains are now offering healthier options, such as salads and grilled chicken sandwiches, which can be a more **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** choice.

Overall, it is important for people to be aware of the potential risks and benefits of fast food and to make informed decisions about their dietary choices. This may involve balancing the convenience and affordability of fast food with the need for a healthy and balanced diet.