

Obese Problems in America

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BIENG OBESE

Do you feel like you are embarrassed by your body? Do you feel like you're the only one? Well if you do think you're the only one, you're not, because one third of Americans are obese or overweight. There are many fatal things that obesity can cause, like:

- . Fatty Liver
- . Asthma
- . Depression
- . Heart Attacks and
- .Stroke
- . Sleep Disorders
- . Gallstones

Eating too much fattening and greasy foods can cause obesity. Many fast foods have many calories. For example, a Wendy's burger has 853 calories. DOES THAT SEEM FRESH TO YOU!!!!!!



COMMERCIAL DANGER

You maybe see a commercial about McDonald or Burger King, and how they say the meat is fresh. They maybe do have fresh meat but do you know what they do to the freshness, they fry it or put it in grease. Commercials don't always say every thing you need to know. That is why many Americans are obese.

These things can happen by people believing unreliable commercials; many people in America fall for the tricks of fast food restaurant commercials. The people that make the commercial only want money, but they don't understand that the food they are making can ruin people's bodies. These foods can ruin your body.

CHILDHOOD OBESITY

When you are a child and you are obese, not getting rid of the excess weight in your body can be dangerous, because when the child reaches adulthood the damage can be extremely hard to get rid of. It's well known that childhood obesity is a risk factor for chronic diseases in adulthood. When you're obese everything is harder. Simple activities are exhausting.

But what many parents don't know is that kids and teens also have weight related problems like:

- . Breathing Problems
- . Type 2 Diabetes
- . High Blood Pressure
- . Bone and Joint Problems
- . Liver Disease
- . Depression and Low Self-Esteem
- . Bullying and Discrimination

FAST FOOD RESTAURANTS

Fast food restaurants have many calories in their food which can damage your body. There are many things you don't know about fast food restaurants, like a small French fries (2.5 ounces) in McDonalds is 230 calories!!!! In a whole meal in McDonalds (Coke, french-fries, and a BIG MAC) has 1,350 CALORIES!!!!!!! A Wendy's meal (Coke, french-fries burger) is 1,060 CALORIES!!!!!!! These types of foods can ruin your body. So how about you munch on some healthy snacks for a change?

