

Have You Helped Your Health Today? New Study on Teens and Fast-Food

A new study funded by the National Heart Lung and Blood Institute (NHLBI) indicates that teens that eat fast food frequently gain more weight and have a greater increase in insulin resistance (a cause of Type 2 diabetes) in early middle age.

Study participants included 3,031 young black and white adults who were between the ages of 18 and 30 in 1985-1986. They were part of the Coronary Artery Risk Development in Young Adults study over a 15 year period. During periodic physical examinations they were asked how often they ate breakfast, lunch dinner at a fast food restaurant.

“It is extremely difficult to eat in a healthy way at a fast-food restaurant. Despite some of their recent healthful offerings, the menus still tend to include foods high in fat, sugar and calories and low in fiber and nutrients,” according to lead author Mark Periera, Ph.D., assistant professor of epidemiology at the University of Minnesota.

One reason for weight gain may be that a single meal of fast-food often contains enough calories to satisfy a person’s caloric requirement for an entire day. NOTE, you get a full day’s worth of calories NOT enough nutrients for a whole day.

It is important to watch what you eat carefully, especially at a fast-food restaurant. Many fast-food chains now have nutritional content information available for consumers. In any restaurant keep portion sizes small (or take half home with you), ask that high fat sauces and condiments such as salad dressing and mayonnaise be served “on the side.”

For more information visit:

Aim for a Healthy Weight:

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/patmats.htm

Portion Distortion: <http://www.nhlbi.nih.gov/portion>

For more information contact The Health Heart Program of the Columbia County Department of Health (518) 828-3358 ext 1314/15 or log on to

<http://www.columbiacountynyny.com/depts/health/heart.html>

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