



## HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy*

FAST FOOD

Eating well is necessary for maintaining good health and for overcoming sickness or injury. Food gives the body what it needs to function properly and to heal itself. Food at fast food restaurants is usually not very healthy. Fast food is often high in fat, cholesterol, sugar, and salt. It is hard to get fresh fruits and vegetables and low-fat meats at fast food restaurants. Eating too much fast food can cause heart disease, diabetes, being overweight, and high blood pressure. Eating fast food can also lower your energy levels.

### THE NUMBER OF FAST FOOD MEALS I HAVE EACH WEEK IS:

- Healthy is less than one a week
- Health Risk is 1 to 3 times a week
- Unhealthy is 4 or more times a week

- HEALTHY** – Look on the back side of this card to see how to keep your fast food consumption in the healthy range.
- HEALTH RISK** – If your fast food eating continues or increases, you may develop health problems. Look on the back of this card to see how you can bring your fast food eating into to the healthy range.
- UNHEALTHY** – Eating too much fast food can lead to health problems or make your current health problems worse. Look on the back of this card to see what you can do to lower your fast food intake.

**CRCH**  
CENTER FOR RURAL &  
COMMUNITY HEALTH

CRCH@oste.wvsom.edu  
www.CRCH.wvsom.edu

# What to do for ...

**HEALTHY FAST FOOD EATING:** Eat plenty of fresh fruits and vegetables – they contain lots of vitamins and minerals. Limit the amount of fried or greasy foods you eat. Focus on low-fat meats and whole grain foods.

**HEALTH RISK FAST FOOD EATING:** Eat plenty of fresh fruits and vegetables – they contain lots of vitamins and minerals. Begin by eating fast food 1 less time a week or 1 less time a month. Eat more homemade meals. Bring your lunch to work or school. If you eat fast food, avoid fried items. See your doctor, a nutritionist, or community health worker for help finding substitutes for fast food.

**UNHEALTHY FAST FOOD EATING:** See your doctor, nutritionist or community health worker for ideas on how to find healthy substitutes for fast foods.

## Get more information ABOUT FAST FOOD AND HEALTHY EATING BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at [www.CRCH.wvsom.edu](http://www.CRCH.wvsom.edu), by calling 800-566-1258, or by e-mail [CRCH@osteو.wvsom.edu](mailto:CRCH@osteو.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP) in your community. To find a CHERP near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking \_\_\_\_\_

Identification \_\_\_\_\_

