

# foodlines

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*Think about it: What you eat is not as important . . . as what eats you.  
Or if you think your food will hurt you . . . it will!*

## Fast Nutrition

Nutrition need not be complicated:

- Our bodies need much the same things for energy and building blocks that all other living things need.
- We make our food from other living things, plant or animal, by altering them to make them taste better (cooking, etc.).
- By eating a good variety of foods derived from living things, we obtain some of everything we need.

These principles account for the excellent nutrition of the average, common sense person. Let's see how these principles apply to several "fast" foods:

	<b>Nutrition Information Per Serving</b>		
	Hamburger*	Pizza**	Taco***
Serving size	One burger	3 slices	2 tacos
Calories	580	500	370
Protein	31g	29g	22g
Carbohydrates	40g	43g	27g
Fat	33g	24g	19g

	<b>Percentage U.S. Recommended Daily Allowances</b>		
Protein	65%	65%	50%
Vitamin A	6	15	10
Vitamin C	2	8	2
Thiamin	20	35	8
Riboflavin	20	30	15
Niacin	70	50	55
Calcium	10	40	15
Iron	40	25	20

(analysis by Columbia Laboratories)

\*composite of Burger King, McDonalds, Wendys

\*\*composite of Pietros, Pizza Hut, Shakeys

\*\*\*composite of Taco Bell, Taco Time

Each of these single servings provides a wealth of nutrients. Anything missing is likely to be well supplied by other menu items. For example, calcium from a milkshake, Vitamin C from fortified French fries or the morning orange juice. In fact, the main criticism of these items should be that they contain ***too much nutrition***. The excess protein yields lots of nitrogen which creates a strain on the kidneys. Excess fat, besides not dissolving well in body fluids, is stored in unsightly and unhealthy energy reservoirs.

### **A broader view of nutrition**

But there is a great deal more to nutrition than the nutrient content of the foods we eat. No food is nutritious if it is not eaten. What will be eaten is determined by many cultural factors. And eaten in the wrong state of mind, even the most “nutritious” food may be injurious: If you think your food will hurt you, it will.

Proper nutrition requires a proper attitude to the food eaten. Mr. Hershey noted that he never saw someone eat one of his candy bars without a smile on their face. This is a genuine contribution to nutrition and the quality of life. Similarly, the good taste of fast foods in pleasant company makes an even greater contribution to nutrition than analysis of nutrient content might reveal. As a wise man once said:

*Better a meal of vegetables where there is love  
Than a fattened calf with hatred.  
Proverbs 15:17*