

Fast Fast Food

Joel Fuhrman, M.D., Robert Phillips

Fast Food ,2006 Uses different foods to make a means of transportation.

Fast Food Andrew F. Smith,2016-04-15 The single most influential culinary trend of our time is fast food. It has spawned an industry that has changed eating, the most fundamental of human activities. From the first flipping of burgers in tiny shacks in the western United States to the forging of neon signs that spell out “Pizza Hut” in Cyrillic or Arabic scripts, the fast food industry has exploded into dominance, becoming one of the leading examples of global corporate success. And with this success it has become one of the largest targets of political criticism, blamed for widespread obesity, cultural erasure, oppressive labor practices, and environmental destruction on massive scales. In this book, expert culinary historian Andrew F. Smith explores why the fast food industry has been so successful and examines the myriad ethical lines it has crossed to become so. As he shows, fast food—plain and simple—devised a perfect retail model, one that works everywhere, providing highly flavored calories with speed, economy, and convenience. But there is no such thing as a free lunch, they say, and the costs with fast food have been enormous: an assault on proper nutrition, a minimum-wage labor standard, and a powerful pressure on farmers and ranchers to deploy some of the worst agricultural practices in history. As Smith shows, we have long known about these problems, and the fast food industry for nearly all of its existence has been beset with scathing exposés, boycotts, protests, and government interventions, which it has sometimes met with real changes but more often with token gestures, blame-passing, and an unrelenting gauntlet of lawyers and lobbyists. Fast Food ultimately looks at food as a business, an examination of the industry’s options and those of consumers, and a serious inquiry into what society can do to ameliorate the problems this cheap and tasty product has created.

Fast Food Stephanie Watson,2008-01-15 Explores the dangerous physical and mental effects on a person when indulging too often in fast foods.

Brutally Honest Fast Food Reviews: The Best and Worst of Burger King, McDonald's, Taco Bell, and Other Drive-Thru Mainstays Hyperink Original,2012-07-25 Congratulations! If you're a connoisseur of fast food, consider this to be your fast food yearbook, allowing you to look back at many of the salty, fatty, and/or sugary menu items you may have passed through your digestive system, but in a non-artery clogging and non-blood pressure raising way...unless you're eating fast food while reading this. There are dozens of reviews in this book, mostly from fast food behemoths, like McDonald's, Subway, and Taco Bell, but there are also reviews from medium-sized fast food chains, like Jack in the Box and Dunkin' Donuts, and from smaller chains, like Carl's Jr. and Whataburger. Most of the products reviewed can still be found on fast food menu boards, or in the McDonald's McRib's case it comes back every so often for a limited time, but some are buried in the discontinued fast food graveyard, never to be consumed again. These fast food reviews were originally posted on our blog, The Impulsive Buy (theimpulsivebuy.com), which is one of the internet's premier websites for junk and fast food reviews. Actually, we're not 100 percent sure the last part of the previous sentence is true, but our cumulative blood pressure and cholesterol levels make us feel like we are.

Fast Food Nation Eric Schlosser,2012 An exploration of the fast food industry in the United States, from its roots to its long-term consequences.

Super Fast Food Jason Vale,2017-01-14 Jason Vale - the world's number one name in juicing - brings you his first ever wholefood recipe book, Super Fast Food! Packed with over 100 truly inspirational recipes, from incredibly healthy superfood breakfasts - that go beyond just juice! - to brownies to die for! You'll find healthy versions of all the classics from pizza to pasta to risotto and even a healthy veggie burger and fries! As you would expect, the book is also bursting with super salads, super soups and amazing fish recipes. Whether you're a vegan, veggie or pesci there's something for everyone! This is also the perfect book for anyone who has just finished one of Jason's 'Juice Challenges' and is looking for some inspiration. Jason believes that the whole business of healthy eating has been overcomplicated. This is why you won't find any strange ingredients

that can only be found in an Amazonian rainforest! You also won't need to go to any 'specialised food' shops for any of his recipes and anyone can make these simple, delicious, nutrient packed superfood meals. Jason's fifteen years of experience writing health books comes into its own in this refreshingly uncomplicated look at healthy meals.

Fast Food Genocide Joel Fuhrman, M.D., Robert Phillips, 2017-10-17 From the #1 New York Times bestselling author of *Eat to Live* and *The End of Diabetes*, an unflinching, provocative exploration of how our food is killing us and the ways in which we are unwitting participants in an unprecedented and exploding health crisis. Fast food is far more than just the burgers, fries, and burritos served at chain restaurants; it is also the toxic, human-engineered products found in every grocery store across America. These include: cold breakfast cereals; commercial and preserved (deli) meats and cheeses; sandwich breads and buns; chips, pretzels, and crackers; fried foods; energy bars; and soft drinks. Fast foods have become the primary source of calories in the United States and consequently the most far-reaching and destructive influence on our population. The indisputable truth is that our highly processed diet is the source of a national health crisis that is exploding into a genocide with unseen tragic implications. Heart attacks, strokes, cancer, obesity, ADHD, autism, allergies, and autoimmune diseases all have the same root cause – our addiction to toxic ingredients. New York Times bestselling author, board-certified physician, nutritional researcher, and leading voice in the health field Joel Fuhrman, M.D., explains why the problem of poor nutrition is deeper, more serious, and more pervasive than anyone imagined. *Fast Food Genocide* draws on twenty-five years of clinical experience and research to confront our fundamental beliefs about the impact of what we eat. This book identifies issues at the heart of our country's most urgent problems. Fast food kills, but it also perpetuates bigotry and derails the American dream of equal opportunity and happiness for all. It leaves behind a wake of destruction creating millions of medically dependent and sickly people burdened with poor-quality lives. The solution hiding in plain sight — a nutrientdense healthful diet — can save lives and enable humans to reach their intellectual potential and achieve successful and fulfilling lives. Dr. Fuhrman offers a life-changing, scientifically sound approach that can alter American history and perhaps save your life in the process.

Fast Food Maniac Jon Hein, 2016-02-02 The beloved personality from *The Howard Stern Show* celebrates American fast food, exploring the history and secret menu items of both national and regional chains, ranking everything from burgers and fries to ice and mascots, and offering his own expert tips on where to go and what to order. Jon Hein is the ultimate fast food maniac, and in this book he draws on his extensive knowledge of, and love for, both nationwide chains and regional gems, from McDonald's and KFC to In-N-Out Burger and Carvel. He digs into their origin stories; reveals secret menu items; includes best lists for everything from fried chicken and shakes to connoisseur concerns such as straws and biscuits; takes a nostalgic look back at the best giveaways, slogans, and uniforms; and even provides a battle-tested drive-thru strategy. With behind-the-counter looks at places like the Dunkin' Donuts headquarters and Nathan's original hot dog stand, *Fast Food Maniac* is the definitive, cross-country guide to some of America's best-loved guilty pleasures.

Fast Food Fix Devin Alexander, 2006-04-18 Indulge your fast food cravings without guilt—with recipes that deliver the same great taste without putting your health at risk or inches on your hips Americans all want to eat healthy, but when they yearn for the fast foods they love, what they want most are the fabulous flavors that have made them favorites in the first place. That's what makes this collection of recipe makeovers so exceptional. Los Angeles food writer, chef, and caterer Devin Alexander specializes in low-fat, high-flavor, scrumptious cuisine. In *Fast Food Fix*, she shows the reader how to transform 75 fast food favorites into healthier versions that are even more flavorful than the originals. *Fast Food Fix*: • demystifies the special seasonings and secret sauces of choice fast foods—showing how to reproduce their flavors quickly and easily from common ingredients • teaches how to lighten many dishes with new cooking techniques, such as the oven-frying method that yields incredibly crunchy popcorn chicken

with 35 fewer fat grams than the original version from KFC • reveals simplified cooking methods that save time in the kitchen, proving that fast food can still be fast even when prepared at home For Americans hooked on fast food flavors, these recipe makeovers by a chef with an impressive repertoire of culinary tricks will quickly become a kitchen staple.

Fast Food My Way Jacques Pépin,2004-09-01 Easy, everyday dishes with a French twist from the multiple James Beard Award-winning chef, “a great teacher and truly a master technician” (Julia Child). In this companion volume to the PBS series, Jacques Pépin shows you how to create great-tasting dishes ranging from stunning salads such as Tomato and Mozzarella Fans to Supreme of Chicken with Balsamic Vinegar and Shallot Sauce to his breathtaking Almond Cake with Berries, all special enough for company, yet easy enough for those weekday evenings when you have no time. Fast food Jacques’s way involves no compromises in taste but saves you hours in the kitchen. His Instant Beef Tenderloin Stew, for instance, not only is far faster to make than traditional versions, but tastes brighter and fresher. With concise, clear directions, Jacques shares the secrets of his kitchen. He teaches you how to season a salmon fillet perfectly and cook it in a low oven, right on the serving platter. You’ll learn how to make a satisfying homemade vegetable soup in seconds, a baked potato in half the usual time, and a succulent roast that takes minutes, not hours, to prepare. He also shows you how to create elegant meals from convenience foods: a bean dip that will keep guests coming back for more, silky soups, and caramelized peaches made from canned peaches. With Jacques Pépin Fast Food My Way at your side, the best food is always the simplest. “French cooking, Pépin reminds us, is not just a matter of technique; it’s a matter of chic.”—Publishers Weekly

Fast Food Tamara Thompson,2015-04-02 It makes our lives easier, but it also has been proven to be a terribly unhealthy choice. This collection of essays debates fast food. Readers are given both sides to an assertion, allowing them multiple perspectives and a chance to decide for themselves. Essays include what fast food's impact is on our planet, whether marketing should target children, the impact of requiring caloric labels, and if there are benefits to the globalization of fast food.

Fast Food John A. Jakle,Keith A. Sculle,2002 The authors contemplate the origins, architecture and commercial growth of wayside eateries in the US over the past 100 years. Fast Food examines the impact of the automobile on the restaurant business and offers an account of roadside dining.

Fast Food Facts Marion J. Franz,1990-03 The definitive guide to survival in the fast food jungle is updated, containing more than 1,000 menu offerings from the 32 fast food chains based in the United States and Canada.

Fast Food John A. Jakle,Keith A. Sculle,1999 The authors contemplate the origins, architecture, and commercial growth of roadside eateries in the United States over the past 100 years. 217 maps, photos, postcards, & drawings.

Fast Food Vindication Lisa Tillinger Johansen (MS, RD.),2012 For years, dozens of books, documentaries, and magazine articles have targeted the fast food industry as the cause for many of society's ills, ranging from the obesity epidemic to the proliferation of dead-end jobs. Now, hospital dietitian Lisa Johansen makes the bold case that the fast food industry is actually a positive force in society. Johansen takes the reader from the industry's scrappy, entrepreneurial beginnings to its emergence as a global business generating hundreds of billions of dollars annually. Far from a blight on society, the fast food industry has distinguished itself by providing a product that meets high standards of quality and safety, often healthier than meals served at home and in sit-down restaurants. The myth of the McJob is debunked by true-life cases of corporate titans who succeeded by virtue of the fast-food chains' practice of promoting from within. And, relying on her years of counseling patients at one of the nation's largest health networks, Johansen shows the reader just how easily fast food can be incorporated into a healthy lifestyle. Lively and informative, FAST FOOD VINDICATION destroys the media myths and paints the true picture of an industry that touches the lives of millions.

Fast Food, Fast Talk Robin Leidner,1993-08-04 Attending Hamburger University, Robin Leidner observes how McDonald's trains the managers

of its fast-food restaurants to standardize every aspect of service and product. Learning how to sell life insurance at a large midwestern firm, she is coached on exactly what to say, how to stand, when to make eye contact, and how to build up Positive Mental Attitude by chanting I feel happy! I feel terrific! Leidner's fascinating report from the frontlines of two major American corporations uncovers the methods and consequences of regulating workers' language, looks, attitudes, ideas, and demeanor. Her study reveals the complex and often unexpected results that come with the routinization of service work. Some McDonald's workers resent the constraints of prescribed uniforms and rigid scripts, while others appreciate how routines simplify their jobs and give them psychological protection against unpleasant customers. Combined Insurance goes further than McDonald's in attempting to standardize the workers' very selves, instilling in them adroit maneuvers to overcome customer resistance. The routinization of service work has both poignant and preposterous consequences. It tends to undermine shared understandings about individuality and social obligations, sharpening the tension between the belief in personal autonomy and the domination of a powerful corporate culture. Richly anecdotal and accessibly written, Leidner's book charts new territory in the sociology of work. With service sector work becoming increasingly important in American business, her timely study is particularly welcome.

Fast Food/slow Food Richard R. Wilk, 2006 Wilk and his colleagues draw upon their own international field experience to examine how food systems are changing around the globe. The authors offer a cultural perspective that is missing in other economic and developmental studies, and provide rich ethnographic data on markets, industrial production, and food economies. This new book will appeal to professionals in economic and environmental anthropology: economic development, agricultural economics, consumer behavior, nutritional sciences, environmental sustainability, and globalization studies.

Supersizing Urban America Chin Jou, 2017-03-15 More than one-third of adults in the United States are obese. The Centers for Disease Control and Prevention estimates that there are over 112,000 obesity-related deaths annually, and for many years, the government has waged a very public war on the problem. Former Surgeon General Richard Carmona warned in 2006 that "obesity is the terror within," going so far as to call it a threat that will "dwarf 9/11." What doesn't get mentioned in all this? The fact that the federal government helped create the obesity crisis in the first place—especially where it is strikingly acute, among urban African-American communities. *Supersizing Urban America* reveals the little-known story of how the U.S. government got into the business of encouraging fast food in inner cities, with unforeseen consequences we are only beginning to understand. Chin Jou begins her story in the late 1960s, when predominantly African-American neighborhoods went from having no fast food chain restaurants to being littered with them. She uncovers the federal policies that have helped to subsidize that expansion, including loan guarantees to fast food franchisees, programs intended to promote minority entrepreneurship, and urban revitalization initiatives. During this time, fast food companies also began to relentlessly market to urban African-American consumers. An unintended consequence of these developments was that low-income minority communities were disproportionately affected by the obesity epidemic. In the first book about the U.S. government's problematic role in promoting fast food in inner-city America, Jou tells a riveting story of the food industry, obesity, and race relations in America that is essential to understanding health and obesity in contemporary urban America.

More Fast Food My Way Jacques Pépin, 2008-08-12 From the man Julia Child called "a great teacher," an elegant cookbook full of fast-yet-flavorful recipes that take only minutes to make. Jacques Pépin *Fast Food My Way* was an immediate sensation, captivating cooks and critics, who called it "fabulous," "chic," and "elegant." Now America's first and most enduring celebrity chef does himself one better, with recipes that are faster, fresher, and easier than ever. Only Jacques could have come up with dishes so innovative and uncomplicated. You'll find: "Minute recipes": Nearly no-cook recipes fit for company: Cured Salmon Morsels, Glazed Sausage Bits Smashing appetizers: Scallop Pancakes, zipped together in a blender

(10 minutes) Almost instant soups: Creamy Leek and Mushroom Soup (7 minutes) Fast, festive dinners: Stuffed Pork Fillet on Grape Tomatoes (18 minutes) Stunning desserts: Mini Almond Cakes in Raspberry Sauce (15 minutes)

Smart Fast Food Meals Peggy Reinhardt, 1999-04-05 Americans love the convenience, speed, price, and taste of fast food, and the introduction of combo meals has made ordering even easier. But while the fast food chains have been combining menu items and adding up the prices for us, nobody's been adding up the fat and calories. Many popular combo meals have more than 1000 calories per meal—and they're loaded with fat. You can enjoy the convenience of your favorite fast food restaurants without sacrificing health. This innovative guide makes it easy to order lower-calorie, lower-fat meals by putting foods and exact amounts to order at your fingertips. Smart Fast Food Meals includes 48 different meals from the top 12 fast food chains—all totaling 700 calories or less, with less than 30 percent of calories from fat.

The Enigmatic Realm of **Fast Fast Food**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Fast Fast Food** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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