

McDonalds: question to obesity

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McDonald's: Question to Obesity THESIS: Despite general belief, McDonald's does offer quality food, which if eaten in excessive amount leads to it being considered unhealthy, while if consumed in moderation, shows no such tendencies.

I. Introduction

It is said that a healthy mind inhabits a healthy body. Our bodies are our temples and they reflect the food we eat. But, what is this eating business really about? In order to keep our bodies pure; is it really necessary for us to eat nothing but healthy food, do we go vegetarian or its even more extreme version, vegan, while painfully leaving out most of the things that actually do not only feed us, but also taste divine? The answer is of course, no. The road to a healthy mind in a healthy body is just being moderate in the food we consume.

When one says "junk food" one thinks of juicy, meaty hamburgers, cheeseburgers, deep fried French fries, ice creams with tons of chocolate in them, cookies and cakes, etc. And this is exactly what McDonald's offers: delicious junk food. The history of this widely renowned franchise is long and vast. It has been in public service ever since 1940, and as they claim, they've "managed not just to live history, but to create it." They have come a long way since drive-thru restaurants which offered just hamburgers and Coca Cola, and have developed into the largest chain of hamburger food restaurants, serving more than 58 million customers daily. In addition, they provide the customers with a chart that shows detailed nutritional information on their menu items, plus ingredient and allergen information. Their aim is to supply its consumers with quality food to balance busy lives. Now, the question of living a healthy life style is all about what to consume <https://assignbuster.com/mcdonalds-question-to-obesity/>

and what to steer clear of. With regular exercise and having a strong character, one need not lock his cupboard in fear of eating everything sweet, greasy or fattening there is inside. The same thing is with McDonald's. If you feel like having a hamburger every once in a while, by all means, treat yourself to one. Because, there is nothing worse than denying yourself something you crave for. We should feel free to indulge in a Premium Crispy Chicken Club Sandwich, a Grilled Chipotle Barbecue Snack Wrap, a Double Quarter Pounder with Cheese or a Big N' Tasty with Cheese. And, we should top it off with Coca Cola, Minute Maid Orange Juice or Vanilla Triple Thick Shake. Or, if one feels too guilty for so much indulging, McDonald's also offers various salads that will satisfy anyone's need for panache of selected greens with elegant toppings. It seems there is something suited to everyone's life style.

My personal experience with this franchise dates from a while back. I can still clearly remember my dad taking me and my sister in our old car, letting us choose what ever our heart desires. Also, this seems to be the case when it comes to other people, as well. Because, I think we've all been witnesses to huge crowds at McDonald's restaurants. The general populace seems to enjoy their food to a great extent and it shows. It can serve as a place for a regular lunch or just a quick salty or sweet snack.

In this epidemic of obesity and diabetes, one looks for the guilty party around oneself. Is it McDonald's fault that more than 63 percent of Americans are overweight or obese, making the American nation the fattest nation in the history of the world? That is not true. Very few people admit that it is their responsibility what they put in their mouths and the mouths of their children. It's all good as long as we do not overdo with McDonald's

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food, but only indulge in it occasionally as a special treat to oneself, because moderation is the key to leading a healthy life.