

What would happen if he ate mcdonalds for 30 days straight?

[Business](#), [Company](#)



Morgan Spurlock wanted to see what would happen if he ate McDonald's for 30 days straight. Every meal, breakfast, lunch, and dinner, he was not allowed to eat or drink anything that was NOT from McDonald's. He has to eat everything on the menu at least once. And, on top of all that, if they asked him to supersize it, he had to do it! His journey has begun. Morgan weighed 185 pounds at the beginning of his journey. His girlfriend is a vegan chef, which is someone who does not eat meat, fish, dairy products, or eggs. She completely disagrees with the choice that Morgan has made, and thinks that he is going to kill himself doing it.

The fattest nation in the world, you could guess, is America. The fattest state is Mississippi. The fattest city is Houston, Texas. Texas has 4 of the top 10 fattest cities in the Nation. And in Manhattan alone, there are 83 McDonalds. Every day, more than 46 million people are served worldwide! It is predicted that in the future, obesity will be the leading cause of death, behind smoking. People who eat McDonald's once a week are called 'heavy users'. Nutritionists say that never eating McDonald's in your entire life is the healthiest choice you can make.

Morgan gained 25 pounds over 30 days of eating McDonald's. At the second weigh-in, he had gained 18 pounds, which was 203 pounds. At the third weigh-in, Morgan had actually lost one pound, putting him 202 pounds. At his fourth and final weigh-in, Morgan had gained another 8 pounds, putting him at 210 pounds. Over this 30 day period, Morgan had consumed about 30 pounds of sugar. Eating fast food is very unhealthy. It can also be very addicting. These huge fast foods have all the money in the world to pay for

advertising to attract a variety of age groups to come and buy their products. Every company does this, they have to advertise in order to stay in business!