

# **Student Essay on Is McDonald's Concerned about Your Health**

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## Essay

McDonald's is a restaurant that most concerns with consumers' health. It always introduces different kind of health problems to the publics, such as obesity, high blood pressure, and diabetes. This helps the publics to realize how "powerful" those illnesses are. Isn't it sounds great? With McDonald's kindhearted help, a study points out that one-third of Canadians are at an increased risk of obesity. Obesity is an excess of body fat frequently resulting in a significant impairment of health. It is now recognized that obesity is a serious, chronic disease that may also leads to some serious complications. Compared to the past, McDonald's products taste much more "crispier" and "tastier." The secret behinds those yummy foods would be the extra amount of fat that have been added to the foods. For example: The 1993 McGrilled Chicken sandwich contains 400 calories, 12 grams of fat, and 680 mg of sodium, which is pretty healthy in McDonald's standards. Discarded the old version, the 1998 Grilled Chicken Deluxe, which is the same size as before is being introduced. However, McDonald's has added 8 extra grams of fat (sixty-seven percents increased) and 360 more mg of sodium (fifty-three percents increased) into the sandwich. What a nice changes eh? So if the consumers visit McDonald's more frequently, they will be more likely to have obesity. Besides, McDonald's uses antibiotic foods in order to raise its profits; however, it may cause serious illnesses and reduce the drugs efficiency on humans. So the more McDonald's products you eat, the less resistance on illnesses you are. Moreover, GM foods (Genetically Modified foods) are also widely used by McDonald's nowadays. The GM foods are still on a testing level, so its long-term effects on individuals are an unknown. That means if something goes wrong, the result would be irreversible and may extend to our next generations. As a result, according to the above proves, it shows how "much" McDonald's really concerns about consumers' health!