



Fast Food: The Simple Truths They Don't Tell You

How Fast Food Tricks You (And What You Can Do About It)

- ◆ Fast food is designed to make you eat more.
- ◆ Your brain is being manipulated by hidden tricks.
- ◆ Not all "healthy" options are what they seem.
- ◆ You can make smarter choices—without giving up convenience.



By the end of this presentation, you'll know:

- ✓ How fast food **hijacks your senses** to keep you coming back
- ✓ The **sneaky tactics** used to make you overeat
- ✓ What's **really in your favorite meals** (spoiler: it's not just food)
- ✓ How to **spot hidden calories & sodium bombs**
- ✓ The **best fast-food choices** that fit a healthy lifestyle


*What will you
learn today?*


The Hidden Psychology of Fast-Food Colors




 **Red:** Triggers hunger, creates urgency, and grabs attention.


 **Yellow:** Evokes happiness, warmth, and encourages quick decisions.

 **Blue:** Builds trust, makes food seem inviting, but is used sparingly since it's a natural appetite suppressant.

 **Green:** Signals freshness and health, often used by "healthier" fast-food brands.

 **Why It Works:**

 Fast-food brands use these colors **strategically** to manipulate cravings.

 Red and yellow together create a sense of urgency, **making you order faster and more.**

 Colors influence **how long you stay, how much you eat, and even what you crave.**

The Hidden Power of Fast-Food Scents

👃 Smell triggers cravings—fast food uses it against you.

🔥 Manufactured Scents, Real Cravings

- Many fast-food scents aren't from real food—they're **engineered to hook you**.
- **Cinnabon bakes empty trays of cinnamon** just to flood the air with scent.
- **Grilled burger and fried food smells** are **pumped into stores** to lure you in.

🛑 How to Resist the Trap

- **Smell it long enough (2 min), and cravings fade.**
- **Avoid food courts**—they're designed to overwhelm your senses.
- **Ask yourself: Are you really hungry, or is your brain being tricked?**



Sneaky Ways Fast Food is tricking you to eat more

REAL



COMMERCIAL



Big posters and food pictures can lure you in with decision anchoring.

They make it cheaper to buy “meals” than a la carte items.

They have partnerships with Dairy Management to encourage more consumption of cheese.

All the food taste the same because it is calibrated to our taste buds to encourage us to eat more.

They use the 20 minute, I'm full rule against you.

A medium soda is actually a large.

They target children to create cravings for a lifetime (Loyal Customers).

Now there's even less face to face interaction to remove the judgement zone.

Sketchiest Ingredients in Fast Foods

COSMETIC CHEMICALS IN FAST FOOD?!

Sodium Stearoyl Lactylate

Found in shampoo and soap

Reasoning for use: 'dough conditioner' even though bread does not require this, and has been made without SSL for thousands of years

Calcium Disodium EDTA

Found in skin products and hair conditioner (used as stabilizer)

Reasoning for use: Flavor protectant in fast food sauces, dips and dressings

Ammonium Glycyrrhizin

Found in facial mask products

Reasoning for use: Flavor enhancer, flavoring agent, surface-



Disodium Phosphate

Found in mascara and mouthwash

Reasoning for use: Food preservative

Propylene Glycol

Found in shampoo, mouthwash, hand sanitizers

Reasoning for use: Gives most of today's food and beverages their distinctive taste

Benzoyl Peroxide

**Recently banned in China*

Active ingredient in acne creams

Reasoning for use: Bleaching wheat flour white (all fast food breads)

What's Really in Your Fast Food?

- **Ice machines** → 70% tested had **more bacteria than toilet water**.
- **Wendy's chili** → Made with **old, recycled burger patties**.
- **Phthalates (Plastic Chemicals)** → Found in fast food, linked to **hormone issues**.
- **Meat fillers & additives** → Some meats contain **binders, preservatives, or ammonia-treated beef**.
- **"Natural flavors"** → Often **lab-created chemicals, not real food**.
- **Excess sodium & sugar** → Hidden in nearly **every item, even salads**.

💡 If fast food isn't fresh... what else is in it?

Extra Sneaky Fast-Food Tricks You Haven't Noticed!

⚠ Fast food isn't just unhealthy—it's designed to manipulate your choices.

- **Illusion of Choice** → Menus look big, but most items are just the same ingredients rearranged.
- **Drive-Thru Tricks** → Fast-moving lines reduce guilt; high-calorie items appear first.
- **Fake Freshness** → Pre-cut veggies & meats arrive frozen, pre-cooked, or dehydrated.
- **Sweetener Trap** → Sugar is hidden in **everything**—even burger buns & salad dressings.

💡 Now that you know, can you still trust the menu?



Health Facts and Statistics on Sodium and why you should care

🛑 Sodium Overload: The Hidden Risk in Fast Food

- Americans eat 3,300+ mg of sodium daily → 50% more than the recommended limit.
- Too much sodium = high blood pressure → Increases risk of heart disease, stroke, & kidney damage.
- Fast food = 75% of daily sodium intake → Even "healthy" items can be loaded with salt.
- A single fast-food meal can exceed your daily limit.

💡 Would you shake this much salt on your food at home?





Eyes bigger than
your stomach?
How accurate
are those
calories?

🛑 Fast-Food Calories: Don't Trust the Numbers

- People underestimate fast-food calories by 25% 🤖
 - The bigger the meal, the worse the guess → Large meals are off by hundreds of calories.
 - Subway is one of the worst offenders → Grilled Chicken Wrap listed at 260 cal, actually 344.
 - Side dishes & toppings are often unlisted → Hidden calories from dressings, sauces, and add-ons.
 - Fast food is more accurate than sit-down restaurants → But still not 100% reliable.
- 💡 Are you eating more than you think?



These Fast-Food Meals Contain A Day's Worth Of Calories

🛑 **One Fast-Food Meal = Your Entire Daily Calories**

🍔 **McDonald's** → Big Mac, Large Fries, Large Coke = **1,490 cal**

🍗 **KFC** → Famous Bowl, Extra Crispy Drumstick, Biscuit, Large Pepsi = **1,720 cal**

🌮 **Taco Bell** → Nachos BellGrande, Crunchwrap Supreme, Baja Blast = **1,850 cal**

🍕 **Domino's** → 4 slices of Large Pepperoni Pizza, Garlic Knots = **2,100 cal**

🍔 **Five Guys** → Bacon Cheeseburger, Large Fries, Large Milkshake = **2,350 cal**

🍟 **Wendy's** → Baconator, Large Fries, Large Frosty = **2,100 cal**







💡 **Would you ever eat this much in one sitting at home?**

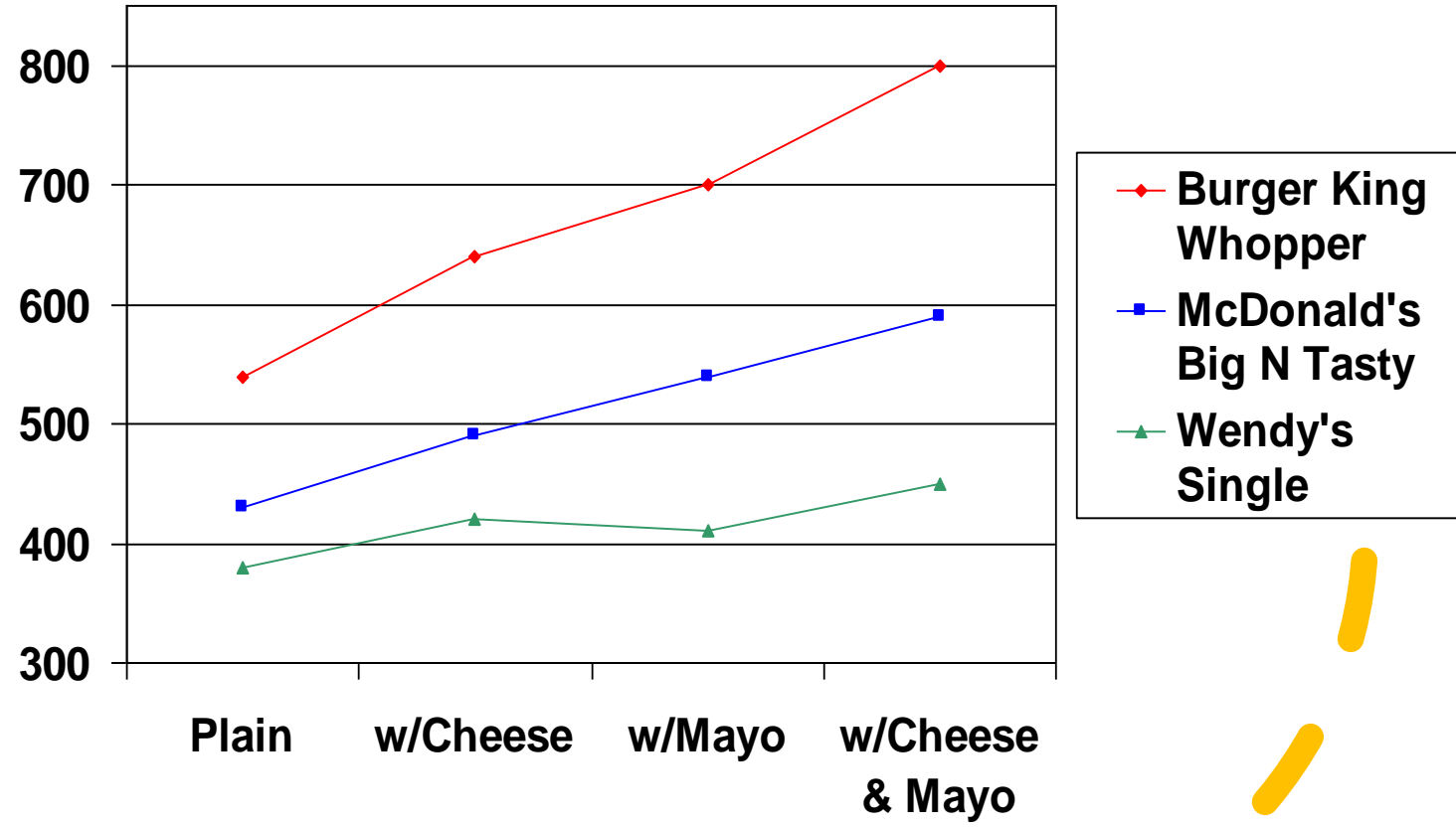
Effects of Mayonnaise, Cheese and other condiments

@cheatdaydesign

CONDIMENT CALORIE GUIDE

For a 2oz serving (standard side at restaurants) | made by @cheatdaydesign

 HOT SAUCE 0 - 30	 SALSA 20	 MARINARA 30	 MUSTARD 36	 SOY SAUCE 40
 SRIRACHA 60	 HORSE RADISH 60	 WORCESTERSHIRE 60	 FISH SAUCE 60	 RELISH 60
 KETCHUP 80	 HONEY MUSTARD 120	 BBQ SAUCE 140	 TARTAR SAUCE 180	 DUCK SAUCE 180
 HONEY 240	 RANCH 280	 AIOLI 360	 MAYO 360	 OLIVE OIL 480





Surprisingly Healthy Fast-Food Orders

🛑 Not All Fast Food Is a Disaster

🥑 Chipotle → Burrito Bowl (Double meat, extra veggies, salsa, NO rice/tortilla) → ~450-600 cal, 40-50g protein

🍗 Chick-fil-A → Grilled Nuggets (8 ct) + Side Salad → ~400 cal, 40g protein

🥗 McDonald's → Egg McMuffin (No cheese) + Apple Slices → ~290 cal, 17g protein

🐟 Subway → 6" Turkey & Veggie Sub (No mayo, add mustard) → ~280 cal, 20g protein

🥚 Starbucks → Sous Vide Egg Bites (Bacon & Gruyere) + Black Coffee → ~320 cal, 19g protein

🍌 Panera → Turkey Chili (Bowl) → ~300 cal, 21g protein

🥩 Arby's → Classic Roast Beef (No bun) + Side Salad → ~350 cal, 23g protein

🍷 Starbucks → Chicken & Hummus Protein Box → ~300 cal, 22g protein

💡 Fast food isn't the enemy—if you know what to order.

Restaurant Eating: Just as Sneaky as Fast Food

🔴 Why Eating Out Can Be Worse Than Fast Food

- ✓ **Portion sizes are massive** → A single entrée can have **1,500+ calories** before sides.
 - ✓ **“Healthy” options can be calorie traps** → Salads, wraps, and grilled items **often have hidden oils, dressings, and sugar.**
 - ✓ **Unlimited bread/chips = mindless overeating** → Restaurants use **free appetizers** to fill you up before the main course.
 - ✓ **Hidden butter & oil on EVERYTHING** → Steaks, veggies, and even eggs are **coated in extra fat for flavor.**
 - ✓ **Desserts are designed for 3+ people** → But they never tell you that.
- 💡 **The best trick? Ask how it's prepared and control what goes on your plate.**



Tips for Healthier Fast Food Options

🛑 Master the Menu: How to Eat Smart at Fast-Food Restaurants


- ✓ **Ditch the Combo** → Ordering à la carte keeps portions under control.
- ✓ **Customize Everything** → Ask for **no sauce, extra veggies, or a lettuce wrap** to cut hidden calories.
- ✓ **Beware of "Grilled" Traps** → Some "grilled" meats are **buttered and oiled**—check the nutrition facts.
- ✓ **Go for Protein + Fiber** → Meals with **lean protein + fiber (veggies, beans)** keep you full longer.
- ✓ **Think Before You Drink** → **Soda & sweet tea = 300+ extra calories.** Stick to **water, unsweet tea, or black coffee.**
- ✓ **Pre-Plan Your Order** → **Look up the menu online** before you go so you don't order impulsively.
- ✓ **Don't Trust the "Healthy" Label** → "Low-fat" & "lite" options are often **loaded with sugar or sodium.**
- ✓ **Stick to Simple Ingredients** → The fewer sauces, add-ons, and extras, the **cleaner the meal.**
- 💡 **Fast food doesn't have to wreck your diet—just know how to order smart.**





Fast-Food Hacks You've Probably Never Thought Of

 **Creative Ways to Cut Calories & Get Fresher Food**


 **Scoop Out the Bread at Subway** → Keeps the sandwich intact while removing unnecessary carbs & calories.

 **Ask for Taco Bell Items “Fresco Style”** → Replaces cheese & heavy sauces with fresh pico de gallo, cutting fat & calories while keeping the flavor.

 **Order a Fast-Food Salad With No Cheese** → Forces them to make a fresh one instead of grabbing a pre-made version sitting in the fridge.

 **At Starbucks, Order a "Short" Instead of a "Tall"** → A secret, smaller size that's not on the menu (cuts calories & sugar without missing out).

 **At Wendy's, Get a Plain Baked Potato & Add Grilled Chicken** → High-fiber, high-protein meal under 400 calories.

 **At Five Guys, Ask for Fries “In a Cup”** → You still get a ton of fries, but it stops them from dumping an extra pile into the bag.



Thank You!

A friend and I were standing in line at a fast-food restaurant, waiting to place our order. There was a big sign posted, “No bills larger than \$20 will be accepted.” The woman in front of us, pointing to the sign, remarked, “Believe me, if I HAD a bill larger than \$20, I wouldn’t be eating here either.”