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## Fast Food and Health

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Millions of people eat fast food in the United States every day. A quarter of the population eats hamburgers and fries. Americans spend more money on fast food than on movies, books, magazines, newspapers, videos or CDs.

The American way of life has helped develop this fast-food culture. Their workday is long and the time breakfast and lunch is short. Many people prefer to eat fast. They don't have time to take a proper meal. Dinner is usually the only meal that families can take time to enjoy, but that is also changing as people are busier with work and school.