



I really like fries as an unhealthy treat because they're salty and crunchy and warm. Whenever I eat them I get very happy and they hit the spot every time. The fries go really well with McDonald's sweet and sour sauce and it just tastes so good.

“FRENCH FRIES:

Ingredients: Potatoes, Vegetable Oil (Canola Oil, Soybean Oil, Hydrogenated Soybean Oil, Natural Beef Flavor [Wheat and Milk Derivatives], Citric Acid [Preservative]), Dextrose, Sodium Acid Pyrophosphate (Maintain Color), Salt. Prepared in Vegetable Oil (Canola Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean Oil) with TBHQ and Citric Acid to preserve freshness of the oil and Dimethylpolysiloxane to reduce oil splatter when cooking.*

Two reasons why the food I've chosen isn't good.

1. There is a lot of salt in McDonald's fries a small serving has 160mg of salt and a small serving only has about 20 fries in it.
2. All the preservatives. There are so many preservatives in McDonald's fries. You can keep the fries for up to 30 days and you won't see them change at all. They'll still resemble fresh fries like you just bought them.

For a small serving of fries there are 230 calories, Natural flavour” — McDonald’s natural flavour is apparently obtained from a vegetable source, but the “natural” moniker means nothing since it can even potentially contain the nerve- and brain-toxin monosodium glutamate (MSG), Dimethylpolysiloxane—used as an anti-foaming agent, this industrial chemical is typically used in caulking and sealants and comes with a list of safety concerns and TBHQ is a petroleum-based, butane-like (yes, that’s lighter fluid!) ingredient used as a preservative. It has been linked to asthma, skin conditions, hormone disruption, and in long-term animal studies to cancer and damage to DNA. Overall McDonald's fries are horrible for you however, that's not going to stop me from eating them. (I only get 4 times a year anyway). I'm sure it's not that bad if you eat it as a treat every once and awhile it's not like I get them often.