2.3

July 1, 2005 By Staff

The average number of times per week that young black men eat fast food, according to a 15-year study of more than 3,000 participants released in January. The Coronary Artery Risk Development in Young Adults study found that black women and white guys weren’t far behind, at 2 and 1.9 trips per week, respectively, while white women indulged only 1.3 times per week. Those who ate fast food twice a week or more doubled their risk for diabetes and carried 10 extra pounds (that’s about 40 Quarter Pounders, y’all!) of body weight.

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http://beta.docker.realhealthmag.com/article/2-3-1962-9001