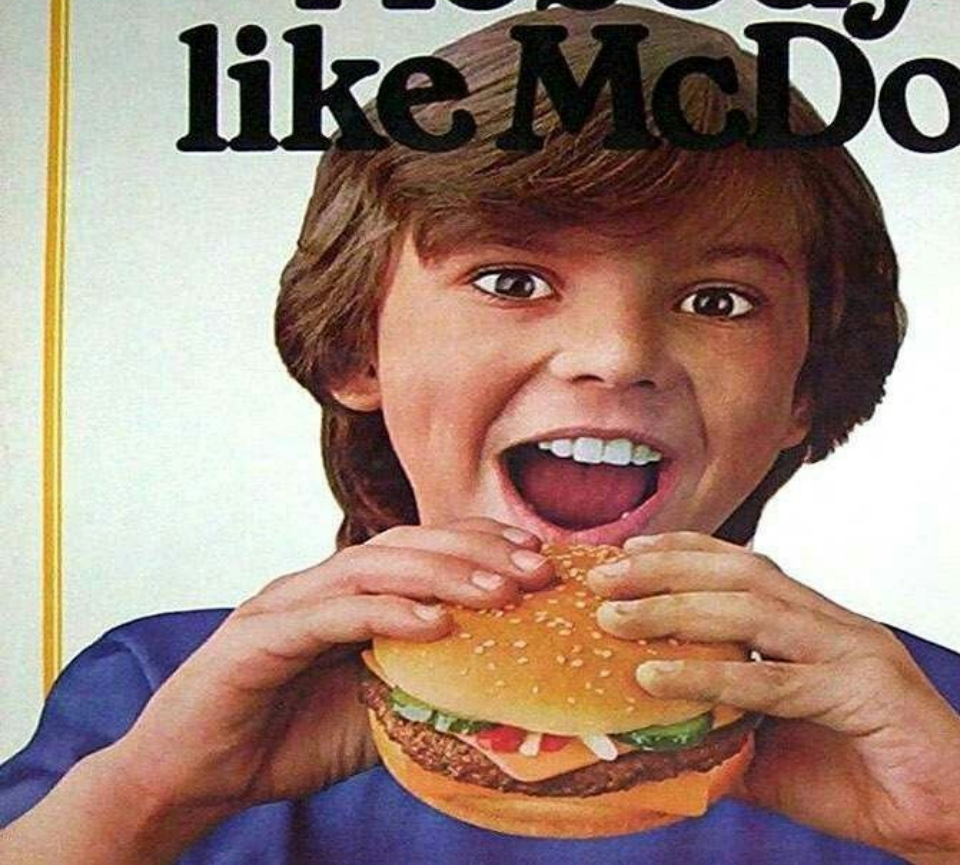


Nobody can do it like McDonald's can.



That's not a boast... that's a promise.

It's a new way to say what only McDonald's can say: Nobody but nobody serves you like McDonald's.

Nobody.

Because nobody else knows how. (Of course, they try to imitate us, but fact is, they can't. Read on and we'll tell why.)

Billions and billions plus one.

We're proud of all the billions of hamburgers we've served over the years.

We're even prouder of this: The next McDonald's hamburger you get will be a great one. The Quarter Pounder® will be hot, tender and lean. The Big Mac™ will be toasty, tasty and terrific. The fries will be the golden-greatest in the world.

Another promise: On that rare occasion when something goes wrong, tell us. Tell the manager. We'll make it right.

You. You really are the one.

Nobody can do it all for you like McDonald's can. That's not a boast. That's a verifiable fact.

Walk in some other restaurant and tell us if you feel the same spirit, the same energy, the same care and concern.

Next time you're hungry, ask your own stomach. Where does it want to go? No place but McDonald's.

Our secret ingredient.

When people believe in you, it helps you do your best. It makes you do your best.

People believe in McDonald's. They believe that we will serve them right. And because of that, we can't do anything less than our best.

You're our secret ingredient. You give us the will, the energy, the motivation.

That's why nobody can do it like McDonald's can. And that's not a boast. That's a thank you.



Weight before cooking & oil. 1700 & grams

Happy meal, not always a happy deal





The movie then follows Mr. Spurlock and his ever-patient girlfriend through his 30-day odyssey, splicing in interviews with health experts and visits to his increasingly disturbed physician. At the end of the month, he was 25 pounds heavier, depressed, puffy-faced and experiencing liver dysfunction. - NEW YORK TIMES

- 1) Phthalates - which are chemicals widely used in cosmetics, detergents, and rubber.
- 2) Potassium Bromate – which by the way is linked to cancerous tumors after observed in animal experimentation
- 3) Butylated hydroxytoluene - a lab-created chemical that's used to preserve freshness in food

IS FAST FOOD AFFECTING OUR MENTAL HEALTH?



- Over 60% of college students meet the criteria for at least one mental health problem (APA.org)
 - 44% of students show moderate to severe anxiety (nih.gov)
 - 36% are likely to have moderate to severe depression
- Metadata reports that junk food is a major hazard from depression (biomedicalcentral.com)

- 80% of four year college students report difficulty concentrating (according to everylearnereverywhere.org).
- 60% of college students struggle with sleep disturbances (as noted by NIH.gov.)
- And infertility is becoming an increased issue affecting at least 1 in 6 people worldwide. (according to CCRM Fertility)

NO
JUNK
FOOD

SAY
NO



STOP
eating FAST

