HEALTHY TIPS

Hungry for a Big Mac? You Will Not Be after You Read these 8 Horrifying Facts

By bestfolkmedicine · 29/10/2018 · 3 min read



Nowadays, a lot of people, especially in the U.S., follow unhealthy diets mostly comprised of junk food like fast food (hamburgers, French fries, sandwiches, etc.) and soda drinks. Unfortunately, even though these foods may seem convenient and cheap since we often do not have a lot of free time on our hands to prepare our own food, you will definitely think twice about heading to a fast food restaurant once you learn that what you are eating is not an organic hamburger as the menu says, but a mixture of crushed beetles and duck feathers! Oh, no!

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

If you still have doubts about whether to stop eating fast food once and for all, make sure you read the below-shown list that we discovered on Healthy Holistic Living comprised of the 8 most harmful ingredients in fast foods that should never enter your body, no matter how attractive or tasty they may seem!

8 most Dangerous Ingredients in Fast Foods

1. **Silicon dioxide**

Did you know that this industrial sand is incorporated in Wendy's chilli to prevent clumping and so that the food may sit for days without going bad? Moreover, McDonald's use this dangerous ingredient in their eggs, hot chocolate, poutine gravy, chicken patties, and chicken strips.

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2. **Cellulose**

Produced from wood pulp, this compound seems to be omnipresent in numerous fast food products, like McDonald's tortilla wraps, feta cheese, eggs, chicken, and shredded cheese blends. It has no nutritional value whatsoever and it is non-digestible. Despite studies showing that cellulose may have negative impact on cholesterol, powdered cellulose is FDA approved for human consumption in moderate amounts.

3. **Dimethylpolysiloxane**

This substance is present in numerous items from fast food restaurants, as well as in contact lenses, shampoos, cosmetics, tiles, etc. McDonald's regularly use it in their French fries, fountain drinks, and hashbrowns.

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4. **Over-the-counter meds**

Chicken raised for chicken meat are frequently fed with food that contains prescription meds, including antidepressants. Hence, when you are eating chicken sandwiches; you are actually eating meat filled with chemicals.

5. **Ammonium chloride**

Where there is mass-produced bread, there is also ammonium chloride. Also present in shampoos and dry cell batteries, as well as in the burgers in McDonald's, this substance is used as a soil fertilizer and bug destroyer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

6. **Silicone oil**

This substance is used for the production of contact lenses and numerous other medical items. However, you are also eating it when you are eating your all-time favourite Chicken McNuggets. Yikes!

7. **Cysteine-L**

You probably have a favourite restaurant where the bread and pastry is so soft that you cannot get enough if it, right? Unfortunately, though you may enjoy these foods, you should know that a lot of them contain cysteine-L, an amino acid made from duck feathers and human hair to be used for softening purposes.

8. **Propylene glycol**

This chemical compound is added in e-cigarettes and anti-freeze products, and believe it or not, in popular fast food products. For example, McDonald's add it to sauces and dressings like the Big Mac sauce and the Ranch dressing for salads.

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Sources:

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