

# Eating out

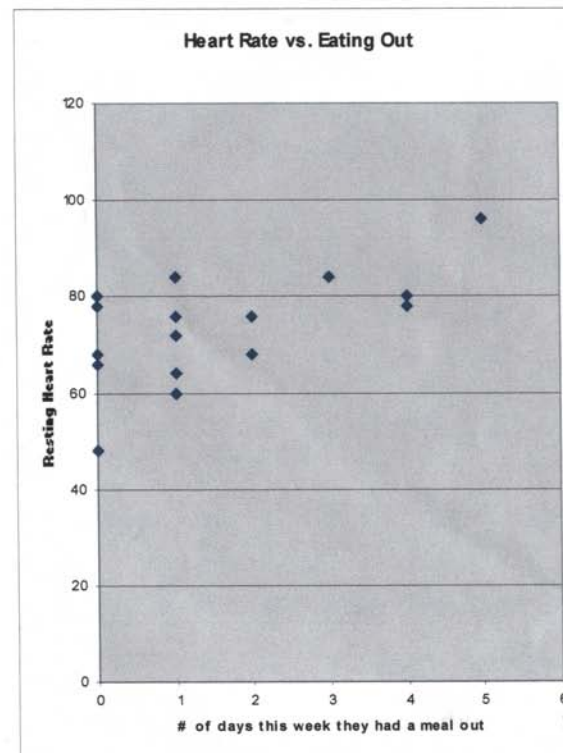
Eating out too much. Why is it bad?

- Extra calories and fats you wouldn't have at home
- Some fats/ calories you don't even know about and don't even realize you're eating
- Extra appetizers you wouldn't eat at home
- Even some of the healthy food, like salads, have extras on top to make the food better, which can be very fattening
- All the extra fats are bad for your health



## Does eating out affect your resting heart rate?

I surveyed 18 people, and I asked them for their resting heart rate and the amount of days they ate out in the past week. I graphed my results, and came up with this graph:



As shown in the graph, there is a relationship between resting heart rate and the amount of days per week one eats out.

The more someone eats out, the higher their resting heart rate.

This proves that eating out a lot really can increase your resting heart rate, and it can even increase it to an unhealthy level. This proves just how unhealthy eating out a lot can be.

Next time you eat out, think about how many times you ate out that week, and consider if you're make a good choice or not.

