

Healthy Fast Food Alternatives

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Friday, 17 August 2007

Perhaps they're not as healthy as we first thought

We all know that burgers and fries and other fatty fast foods aren't good for us and I'm sure a lot of us were quite happy to see the fast food chains introduce their healthy alternatives. Not only could we still grab a fast meal but it was good for us wasn't it?

Well maybe it wasn't good for us after all. Researchers in Germany have found that the so-called healthy alternatives offered by fast food chains can have similar effects to other meals they serve.

You can read the full story [here](#)