**French Fries: The Fried Potato Bombs**

Caution! People eating French Fries daily are at higher risk for type 2 diabetes "French Fries, a high glycemic form of carbohydrate are hypothesized to increase insulin resistance"(Thomas 284-290). The shredded fried explosives have had a love affair with America since growing out of many farmers’ crops. Although, French Fries have trampled the snack competition to become number one, French Fries are not the healthiest choice for a vegetable. Therefore, it is time to take a closer look at how French Fries are attacking our bodies by examining its destructive components, the fat content, bad carbohydrates, and the salt content.

10 years ago, my first introduction to knowing the dangerous effects of eating French Fries came as a shock. For example, I was with my 2year old son, Gad, at a doctor’s appointment to see Dr.Ingnes his Endocrinologist. The doctor walked into the room, and began to share some alarming information. First, she explained that type 2 diabetes was a life- long disease, which causes high levels of sugar in the blood. Worse was, yet to come, Dr. Ingnes then stated her 2 year old patients were being treated for type 2 diabetes. Looking at her chart, she informed me that this illness was due to parents feeding children French Fries on a daily basis in place of vegetables. Where did this trend start? The idea of giving children quick finger food probably seemed harmless in the minds of parents, but this simple act was the start of an epidemic of type 2 diabetes.

Beyond doubt, corrupting the diced potato we call French Fries starts when it is deep fried at a high temperature, which makes French Fries high in fat content. In many homes today the preparation starts with vegetable oil is one of the worst cooking oils for frying. Also, vegetable oil fat content includes fats such as trans and saturated fats that send cholesterol levels in the blood into a whirlwind. During a study by the Diabetes and Obesity Center found "that a high fat diet may injure the nerves cells in the brain that control body weight number"(Michelle). Another damaging agent contributing to the fat content of French Fries is Acrylamine, which forms from cooking with high heat, and can potentially cause cancer. No warnings to date are being made to warn the public. As a result, The Great French Fry cooked in its fatty surroundings, is now a deadly culprit that works to clog our arteries. Clogging the arteries only takes eating just one high fat meal per day. Therefore, cooking French Fries with olive oil is a healthier alternative because it has a higher level of good cholesterol levels that protect arteries from being clogged.

Moreover, bad carbohydrates from French Fries are more detrimental to the body than we realize. For instance, bad carbohydrates are quickly absorbed in the body along with a ton of sugar, thus spiking the glycemic index and causing our bodies to become insulin resistance in the process. Furthermore, the best carbohydrates that are good for us are used in moderation from a good source, such as fresh vegetables and whole grains. French Fries are marketed as the best convenient fast food. However, it is our duty to take a pledge against these fried creatures and the bad carbohydrate cronies they leave behind. As Americans trading our health so easily cannot be an option. In addition, fast food nutritional facts shows one small order of French Fries contains 291 calories listed right next to the menu. Yet the facts are hidden to a mind that is only focused on the hot sliced potato of enjoyment. Our lives are not worth this food gamble that is making so many unhealthy.

Finally, sodium is one of the elements found all over the earth. It has become a vital nutrient. When the need to increasingly indulge in salt occurs, this causes a negative shift in our bodies. Salt content levels in French Fries are through the roof, and Americans are consuming twenty nine pounds of French Fries a year sprinkled with its trusted partner in crime known as salt. The adverse effects of eating French Fries high in salt content, regularly increases the risk of high blood pressure. Salty influence also comes in the form of pre-packed foods. For example, "Nearly 80 percent of our daily sodium isn’t added at the table or during cooking – its added in processing plants before it ever gets to us" (Dr.Delauro)..

Stunned by the blows of knowledge that say French Fries are harmful in many ways, the American public, will, hopefully, begin to see beyond the fried potato veil of deceit that comes packaged in a wax paper. America’s favorite snack has help lead many down a road of destruction. Clearly wheels under the- chopped hot -potatoes bus are the fat content, bad carbohydrates, and salt content. Taking control of our diet will be the only way to defeat illness now and in years to come, so "Hold the French Fries."

Work Cited

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