



*Healthy fastfood*





Fast food has become very cheap. People prefer economical McDonalds and KFC. The result of such preferences is that the nation is rapidly getting fatter. Now the UK is considered the "fattest" country in Europe. About 45 percent of the British people surveyed admitted that they can't give up fast food because they like the taste of it. In addition, sweet carbonated drinks are served free of charge in fast food establishments. Soda is cheaper for restaurateurs than juice or tea, so they include it in special offers.



Doctors sounded the alarm when it turned out that out of 150,000 deaths caused by heart problems, 40,000 could have been prevented if people had consumed healthier food. And then healthy fast food began to appear.

★ PRET A MANGER ★



The most famous healthy fast food in London - Pret a Manger



The Pret a Manger audience is an office clerk who runs out at lunchtime to buy a boxed lunch. the founders of the chain focused on such visitors: they wanted the sandwiches to be fresh and prepared on the spot, preferably from whole-grain bread, so that salads and desserts did not have unpleasant food additives, sweeteners, and so that you could always buy fresh juices. At Pret a Manger, you can have a quick and quite tasty snack, and the menu is more than varied: from beetroot and turnip chips to miso soup.





Delicious and healthy food is combined with reasonable prices, a relaxing atmosphere and a wide choice. On average, one "dish" costs no more than 3 euros.

