

Listening 1

Kind: captions Can I get um six sausage burritos, six breakfast in the United States let me get some big breakfast without hotcakes Marvin Enrique's busy lifestyle means starting some days at the drive-through and eating in her car I think it's bad... According to the National Restaurant Association the average American now gets more than five meals a week at restaurants and their waist lines are expanding along with their tendency to eat out. Sometimes people don't have time either to go sit in a restaurant and eat healthy food or they don't have time to cook it at home so they go anywhere they have fast food. Obesity is now among the nation's top public health concerns and many fast food restaurants are responding with so-called healthy choices like salads and grilled vs. fried sandwiches. The energy kitchen is a new chain hoping to attract Americans who are both pressed for time and health conscious by offering nothing but healthy options including a less fatty burger made of bison meat. Nothing is fried and every item is under 500 calories. Here at energy kitchen everything on the menu is good for you we don't allow you to make a wrong choice we try to be what we call a healthy alternative to people that are on the go looking for quick healthy meals but without sacrificing taste. Experts say it won't be easy to get Americans to change their habits. In many disadvantaged neighborhoods it's easier to find a fast food restaurant than a grocery store which experts say is one reason why obesity is even more prevalent among the poor. I think they're going to eat fast food because it's a really good deal and they like the taste. So we need to make a lot of changes we need to start with making healthy food like fruits and vegetables affordable then the healthy options just might be able to compete and of course for every new healthy menu option there's some decadent artery-clogging fast food that gives nutritionists nightmares. Right here we have a bacon cheeseburger but instead of a bun it's sort of a glazed donut Americans may never lose their appetite for fatty foods trucks are really good Americans may never lose their appetite for fatty foods trucks are really good but making lower calorie foods more convenient just may tip the scales in favor of healthier eating. Kristen Salumi Al Jazeera New York