

# McDieters Say Fast Food Can Still Be Healthy

By ACSH Staff — September 1, 2005

[An August 31, 2005 article](#) <sup>[1]</sup> by Nathaniel West in the *Journal Gazette & Times-Courier* concerned people like Soso Whaley who've lost weight while eating fast food, and the piece quoted ACSH's Dr. Ruth Kava:

*According to the physician who reviewed Whaley's program, success stemmed from the age-old advice about healthy living: Eat in moderation, and exercise.*

*"That's what it always comes down to when you're talking about weight control," said Dr. Ruth Kava, director of nutrition for the American Council on Science and Health in New York.*

*And in contrast to anti-McDonald's documentaries and media reports, Kava and other dieticians claimed the average person can dine regularly on fast food with no ill effects -- just so long as one doesn't consume too many calories, eats a variety of nutritious foods and maintains an active lifestyle...*

*Kava did note that Whaley's initial dieting approach found her taking in slightly more fat calories than is recommended, but "it didn't seem to hurt."*

*As for the McDiet and other similar notions, Kava said she hopes common sense will prevail.*

*"I wouldn't recommend that a person eat all of their meals at one place over and over again, because you can't get the variety you can get at the supermarket," she said.*

*"But I think that what goes for (Whaley) goes for anybody who tries to make intelligent choices."*

ACSH on McDieting variations:

[Don't Consume Junk TV](#) <sup>[2]</sup>

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[1] <http://www.jg-tc.com/articles/2005/09/01/news/news0002.txt>

[2] [http://www.acsh.org/factsfears/newsID.567/news\\_detail.asp](http://www.acsh.org/factsfears/newsID.567/news_detail.asp)