

Time bomb in a bun

Eat a breakfast sandwich and your body will be feeling the ill effects well before lunch—now that’s fast food!

High-fat diets are associated with developing atherosclerosis (narrowing of the arteries) over a lifetime. But how quickly can damage start?

Just one day of eating a fat-laden breakfast sandwich of processed cheese and meat on a bun and “your blood vessels become unhappy,” says Heart and Stroke Foundation researcher Dr. Todd Anderson.

Atherosclerosis can eventually lead to serious problems including heart disease, stroke, or even death. That high-fiber breakfast cereal is sounding better all the time.

