



Mystery Meat: Hot Dogs, Sausages, and Lunch Meats: The Incredibly Disgusting Story (Incredibly Disgusting Food)

Stephanie Watson

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The hot dog is just one of the mystery meats that despite new nutritional label regulations remains a puzzler. This engaging book provides the disgusting story of the kinds of byproducts and fillers that are often used in mystery meats. Readers learn about harmful ingredients including fat, salt, chemical preservatives, and even bacteria. Readers find out about artery-clogging trans fats and cholesterol, and about the salt overload, preservatives, and food dyes that are common ingredients. While reading the truthful story, students also learn the health effects, including weight gain, diabetes, heart disease, and increased risks for certain cancers. Theyll come away with an understanding of why healthier food choices and eating habits are imperative when considering mystery meats.

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