

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > Top 10 - FAST from Fast Food

---

## **Top 10 - FAST from Fast Food**

Tons of sodium, calories and saturated fat are waiting! Keep them waiting!



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/podcast/2009/04/06/top-10-fast-fast-food>