

Immigrants adopting American diets, to their detriment

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NZ Herald:

Immigrants to the United States often ditch their ethnic diets for high-calorie American fare, partly because it is cheap and easy to find but also as a way to fit in, a new study shows.

Immigrants who eat American are consuming, on average, 182 extra calories and seven additional grams of saturated fat compared to immigrants who stick to their traditional diet, leaving the fast-food immigrants more likely to become obese and suffer chronic illnesses related to obesity.

Read the whole story: [*NZ Herald*](#)