

US immigrants turn to junk food: study

May 19, 2011

The China Post:

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.

In fact, immigrant children who have lived in the United States for 15 years are as prone to obesity as American-born kids, one in three of whom is overweight or obese, says the study by researchers from the University of Washington, University of California-Berkeley and Stanford University.

Read more: [*The China Post*](#)