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# The 10 Worst Fast Food Meals

We Americans eat a lot of crap. That's why America is the fattest country. But it takes a special certain type of crappy food to make the top ten unhealthiest fast food meals in America. Click on one of the links to see the top ten most unhealthiest fast food meals.

Let's face it: Fast food is an American institution. Love it or hate it, it's a facet of life that we're not shaking any time soon. The good news? It's entirely possible to eat the occasional drive-thru meal without inflicting too much bodily harm. The challenge is avoiding the kind of foods that wreak havoc on your waistline. Chain restaurants will try to convince you that a bacon-gravy-sausage sandwich is a slight indulgence, when in truth it's a severely dangerous way to spend a lunch break. Here we've uncovered the country's 10 worst fast food meals. You'd be wise to avoid them at all costs.

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