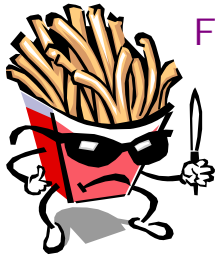


Other Quick Facts



French Fries are worse than chips. Fries are usually cooked in hydrogenated oils and are served in larger portions.

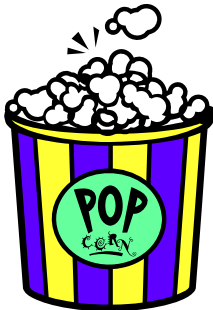
Each slice of large pizza has about a third of the days' saturated fats.



At the Movies:



A small popcorn *without* butter has 400 calories. It has most likely been popped in coconut oil (the worst kind!) and it has a full days worth of saturated fat.



An entire large popcorn *without* butter has about 1150 calories. Add the butter and there are 1650 calories and more than three days worth of saturated fat.

Appetizers:

Eating an entire order of a fried appetizer (such as fried calamari) will run you 700-2400 calories. That does not even include the yummy dipping sauces or dressings!



FOR MORE INFORMATION:

http://www.cspinet.org/quiz/quiz_diet1.html