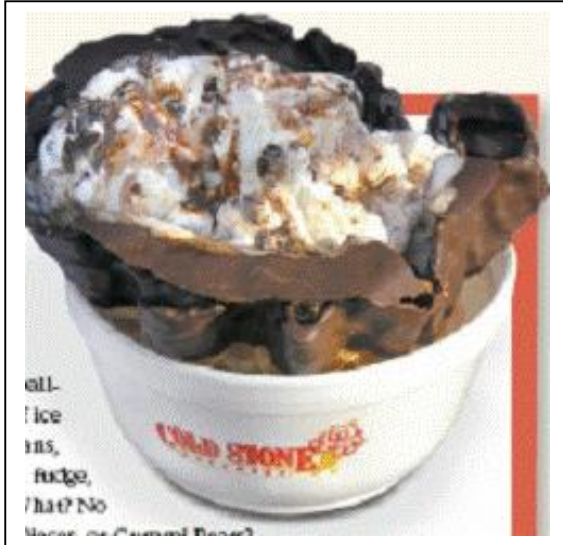




Hurley J., and Liebman, B. (2007) Center for the Science in the Public Interest. Retrieved on May 29, 2007 from http://www.cspinet.org/nah/03_07/xtreme.pdf

Thinking of eating out? Think of it as filling up and filling out. Over a decade ago the nutritional numbers from Chinese, Italian, and other restaurants were shocking: the worst dishes had more than 1,000 calories, a day's worth of saturated fat, and a day's sodium. Yet by today's standards, they appear almost tame. Restaurants now dish out even more calories, even more bad fat, and even more sodium. How is that possible? Some items are bigger. Others are cheesier. Still others fuse two or more dishes into one megafood. Welcome to the land of the bacon-cheeseburger pizza, the buffalo-chicken quesadilla, and the peanut-butter-cookie-dough-chocolate cheesecake. Here's a smattering of some of the most extreme restaurant dishes the Center for the Science in the Public Interest could find numbers for. (And you can bet they didn't find them listed on the menus, where they *should* be.) For a little comic relief, keep in mind that most people should eat no more than 2,000 calories and 20 grams of bad fat—saturated plus trans—in an entire day. And you need to cap the sodium at 1,500 milligrams a day if you're middle-aged or older, or 2,400 mg if you're a younger adult.



Remember when it was a big deal to walk out of your local ice cream shop with a scoop of butter pecan or fudge ripple in your sugar cone with sprinkles on top? With half a day's saturated fat, it was a splurge. But at least you could get away with, say, 300 calories.

Then came waffle cones (160 calories) and chocolate dipped waffle cones (320 calories) that looked silly without at least two scoops of ice cream (600 calories). But 1,000 calories and a day's saturated fat soon seemed run-of-the mill to some folks.

Enter **Cold Stone Creamery**, where you choose which combination of more than 30 candies, cookie pieces, and other morsels gets mixed into your ice cream and (for less than \$1 more) scooped into a chocolate-dipped waffle *bowl*.

Take a Gotta Have It **Founder's Favorite**. (ōGotta Have Itō is Cold Stone-ese for a large. ōLove Itō is a medium, and ōLike Itō is a small.)

Into your waffle bowl goes not just a 14-ounce, softball sized mound of ice cream, but pecans, brownie pieces, fudge, and caramel.

What? No Oreos, Reese's Pieces, or Gummi Bears? The tab: a startling 1,740 calories, 48 grams of saturated fat, and 4 grams of trans fat. That's roughly what you'd get if you polished off five single-scoop ice cream cones. Gotta Have It Now...Gotta Lose It next week.

Although some of the restaurants listed aren't located around Missoula, you can probably find similar foods at your local diner.

Interested in the other extreme restaurant dishes? Log onto:

http://www.cspinet.org/nah/03_07/xtreme.pdf

to find out more