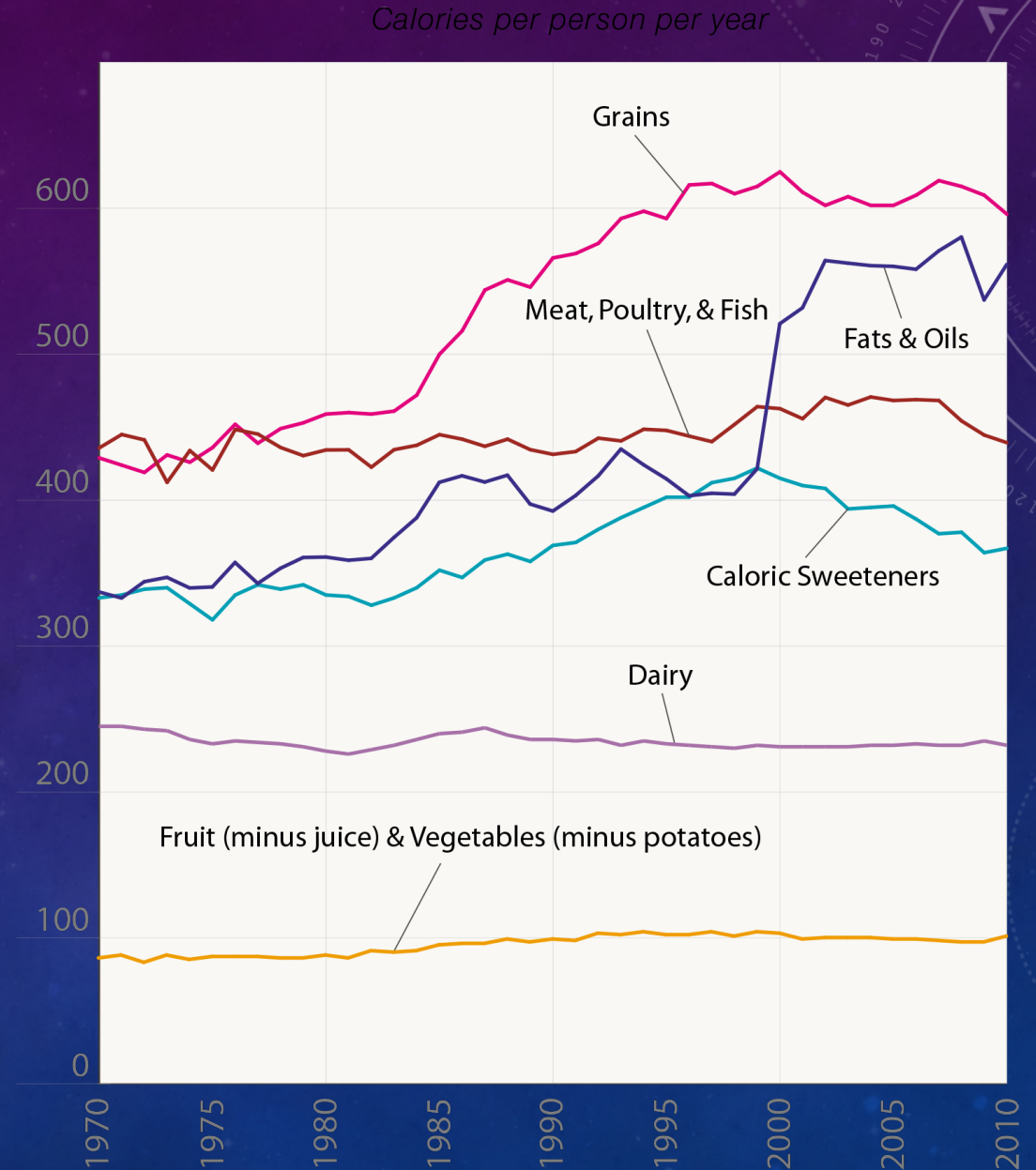


REALITY CHECK: DOES ADVICE SHAPE AMERICANS' DIETS?

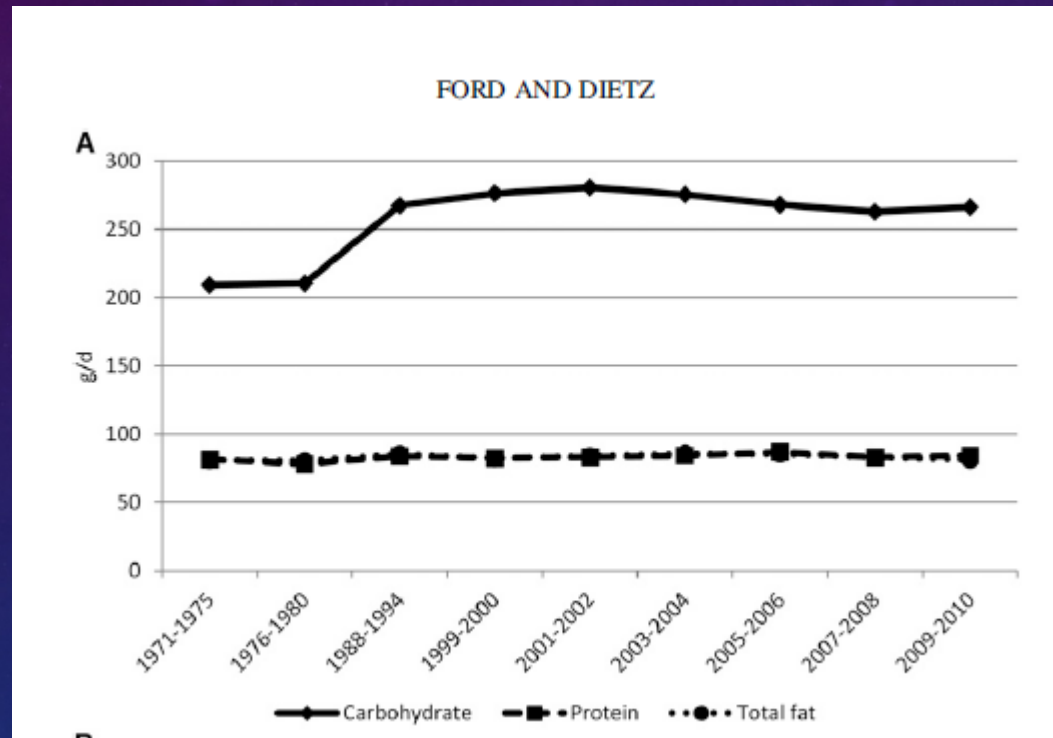


DID ADVICE TO EAT LESS FAT MAKE US FAT?

Grains, sugars,
fats & oils rose



CARBS WENT UP, BUT FAT NEVER FELL



DID BIG FOOD MAKE US FAT??

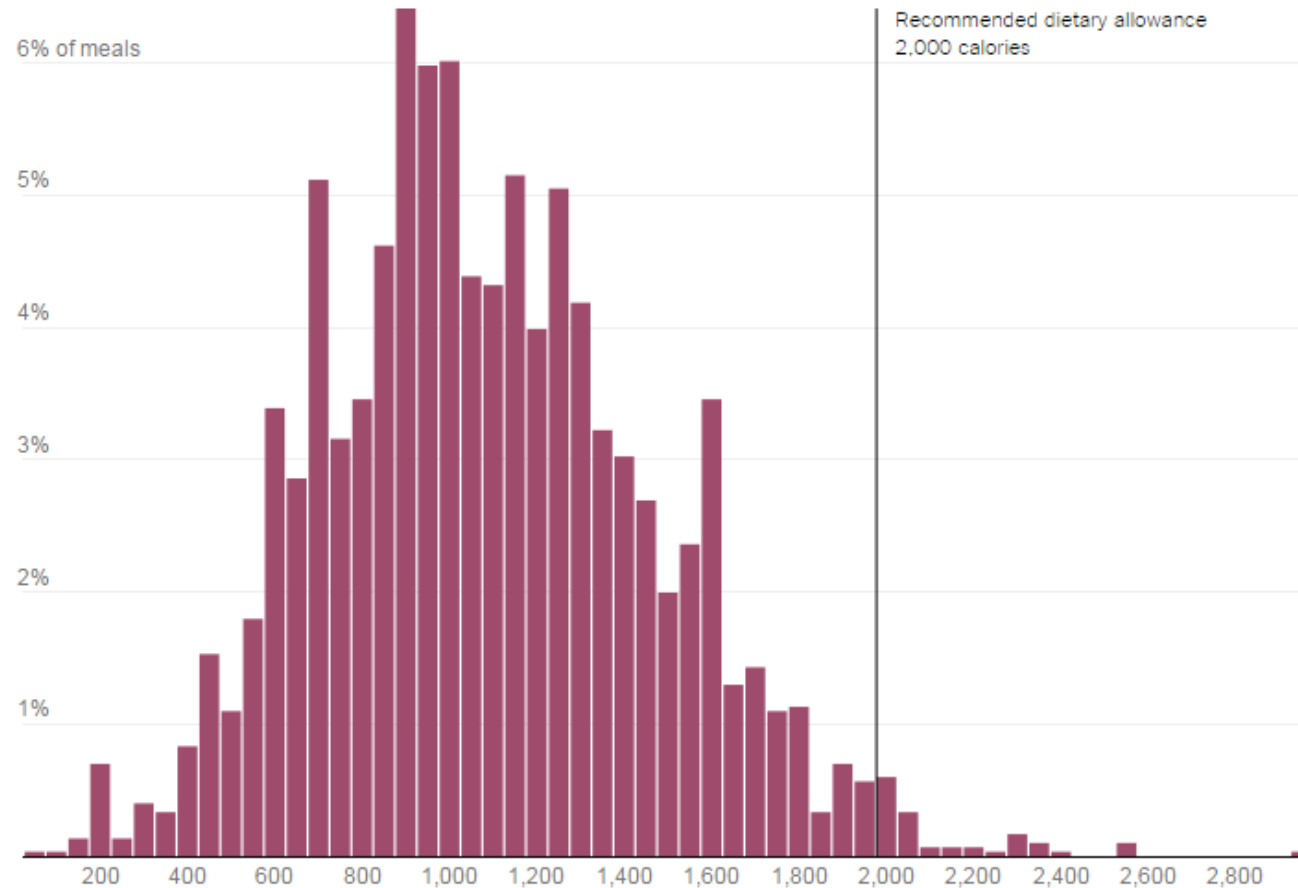


At Chipotle, How Many Calories Do People Really Eat?

By KEVIN QUEALY, AMANDA COX and JOSH KATZ FEB. 17, 2015

Most meals have more than 1,000 calories and almost a full day's worth of sodium.

Distribution of calories per meal



Meals around 1,070 calories

About 50 percent of meals had this many calories or fewer.



Steak burrito

Calories **1,045**

Saturated fat **68%** of daily

Sodium **85%** of daily

Rice, tomatillo green chili salsa, sour cream, guacamole, lettuce



Barbacoa burrito

Calories **1,085**

Saturated fat **78%** of daily

Sodium **109%** of daily

Rice, pinto beans, fajita vegetables, roasted chili corn salsa, cheese, sour cream, lettuce



Chicken burrito

Calories **1,095**

Saturated fat **38%** of daily

Sodium **98%** of daily

Rice, black beans, roasted chili corn salsa, guacamole

LETTUCE



ROMAINE LETTUCE



SELECT MEAT OR TOFU



CHICKEN



BLACK BEANS



SOUR CREAM



CHEESE



GUACAMOLE



ROMAINE LETTUCE



VINAIGRETTE (SALAD ONLY)



TOTALS

1025 CAL



CALIFORNIA PIZZA KITCHEN = 1,000 CALORIES

Margherita Thin Crust:
1,330 calories

Margherita

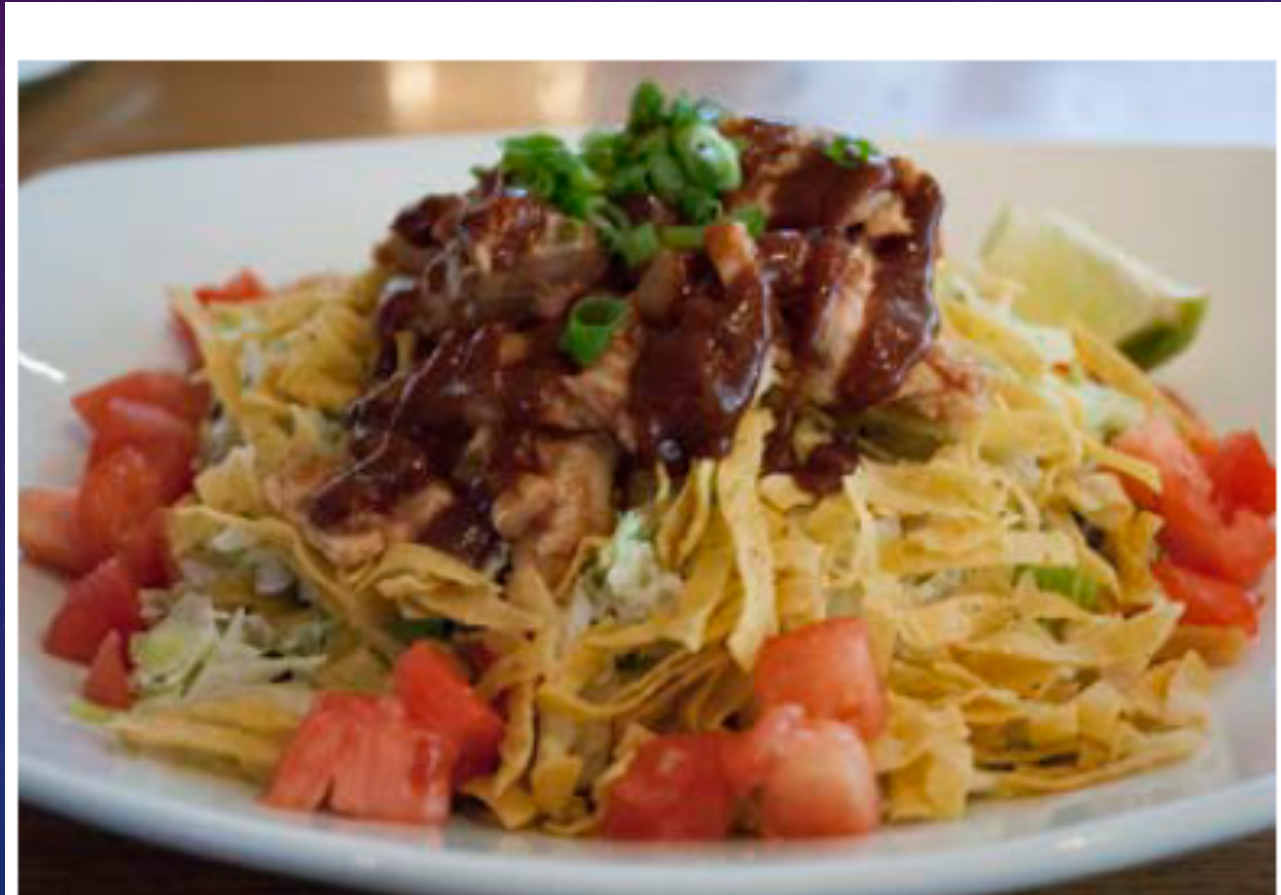


California Club with Whole
Wheat Original Crust:
1,460 calories

Wheat Whole Grain Crust



CALIFORNIA PIZZA KITCHEN BBQ CHICKEN CHOPPED SALAD = 1,090 CALORIES



CHEESECAKE FACTORY LOUISIANA

CHICKEN PASTA: 2,370 CALORIES



A Single Dish

CHEESECAKE FACTORY Louisiana Chicken Pasta
(2,370).

**AVERAGE
CALORIES PER
ENTRÉE: 1,327**

American Mexican
Chinese Italian
Japanese Thai
Indian Greek
Vietnamese

Research

[Original Investigation](#) | [HEALTH CARE REFORM](#)

The Energy Content of Restaurant Foods Without Stated Calorie Information

Lorien E. Urban, PhD; Alice H. Lichtenstein, DSc; Christine E. Gary, MS; Jamie L. Fierstein, MS; Ashley Equi, BS; Carolyn Kussmaul, BS; Gerard E. Dallal, PhD; Susan B. Roberts, PhD

IMPORTANCE National recommendations for the prevention and treatment of obesity emphasize reducing energy intake through self-monitoring food consumption. However, little information is available on the energy content of foods offered by nonchain restaurants, which account for approximately 50% of restaurant locations in the United States.

OBJECTIVE To measure the energy content of foods from independent and small-chain restaurants that do not provide stated information on energy content.

DESIGN We used bomb calorimetry to determine the dietary energy content of the 42 most frequently purchased meals from the 9 most common restaurant categories. Independent and small-chain restaurants were randomly selected, and 157 individual meals were analyzed.

SETTING Area within 15 miles of downtown Boston.

PARTICIPANTS A random sample of independent and small-chain restaurants.

MAIN OUTCOMES AND MEASURES Dietary energy.

RESULTS All meal categories provided excessive dietary energy. The mean energy content of individual meals was 1327 (95% CI, 1248-1406) kcal, equivalent to 66% of typical daily energy requirements. We found a significant effect of food category on meal energy ($P \leq .05$), and 7.6% of meals provided more than 100% of typical daily energy requirements. Within-meal variability was large (average SD, 271 kcal), and we found no significant effect of restaurant establishment or size. In addition, meal energy content averaged 49% greater than those of

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[+](#) Supplemental content at
jamainternalmed.com



Classic Nachos



Skillet Chocolate
Chip Cookie



Immune
Builder®



Peppermint Mocha
Frappuccino® Blended
Coffee



Cinnabon® Classic Roll



At Regal, a medium (left) and a large popcorn
each has 1,200 calories and three days' worth
of saturated fat.

A Day's Worth of Food



The diets used in the DASH and OmniHeart studies trim blood pressure and LDL ("bad") cholesterol. Here's a hybrid of the two OmniHeart diets—one higher in protein and one higher in unsaturated fat—that also lowered triglycerides. We used the **Wild Card** (see below) for protein (the salmon), but you can use it for more oil or carbs if you prefer.

This version is for someone who needs only 2,100 calories a day. We added a few extra servings of fruits and vegetables. Extra salad greens can't hurt!

BREAKFAST

Fruit	2 servings	1 banana, 1 melon wedge
Low-fat Dairy	1	1 cup milk
Grains	2	1 cup bran cereal

LUNCH & AFTERNOON SNACK

Fish, Poultry, & Meat	1 serving	4 oz. chicken
Vegetables	6	4 cups greens, 1 cup raw veggies
Oils & Fats	1	1 Tbs. oil (in 2 Tbs. salad dressing)
Fruit	2	1 orange, ¼ cup dried fruit
Legumes & Nuts	1	¼ cup almonds
Grains	2	2 oz. baguette



Photos: Paige Einstein/CSPI (top), Stephen Schmidt/CSPI (middle, bottom).



DINNER & EVENING SNACK

Fish, Poultry, & Meat	1 serving	4 oz. salmon— Wild Card
Vegetables	3	1 cup broccoli, ½ cup carrots
Legumes & Nuts	1	½ cup bean salad
Oils & Fats	1	½ Tbs. oil (in bean salad), ½ Tbs. oil (in broccoli & carrots)
Low-fat Dairy	1	1 cup plain yogurt
Fruit	1	½ cup berries
Desserts & Sweets:	2	2 small cookies

DAILY TARGETS

Below are the OmniHeart study's targets for a day's worth of food.¹ The nutrient targets for a 2,100-calorie diet are: sat fat: 14 g / protein: 105 g / fiber: at least 30 g / potassium: 4,700 mg / magnesium: 500 mg / calcium: 1,200 mg / sodium: no more than 2,300 mg. Our day's worth of food (shown above) roughly matches those targets.

Vegetables & Fruit : Grains

: Legumes & Nuts

: Oils & Fats

: Desserts & Sweets

SOLUTIONS:

- Calorie labeling in restaurants
- Tell people to cut carbs, especially white flour & added sugars
- Don't tell people to eat *more* of anything.

HIJACKED



HOW THE FOOD INDUSTRY CONVERTS DIET ADVICE INTO PROFITS

BY BONNIE LIEBMAN