

Your Diet's Making You Fat

A new study--on a total of 23 items from some of our favorite restaurants like the Macaroni Grill, Cheesecake Factory, and Taco Bell--discovered that 78% had a higher fat content and 69% exceeded the calorie count that they had listed.

A low cal favorite from Cheesecake Factory is the Pear and Endive Salad. Turns out it has 641 calories and 49.7g of fat! Macaroni Grill claims their Skinny Chicken has 500 calories and 6g of fat, when in fact it has 1,022 calories and 49g of fat. These are just a few of the shocking results taken from this new study.

Momlogic friend Hungry Girl

The bottom line at restaurants is you need to be careful. You can't believe everything you read on menus or online about nutritionals. You never know if the person in the kitchen is actually measuring ingredients carefully. If something seems like it has more calories than it is supposed to, it probably does."

"Also, picking on donuts in the break room and grabbing a mini candy bar here and there is another way to add calories and fat to your day without even thinking about it. Try writing down everything you eat for a full week, EVERYTHING, and you'll quickly see where the hidden fat and calories are in your diet!"

Food isn't the only thing we need to be concerned about. Did you know that drinks often have more fat than the hamburger you so carefully passed up for lunch? Next time you think you're being healthy by ordering a Jamba Juice smoothie, you might want to check for the 30g of fat and the 1,170 calories found in the Peanut Butter Moo'd Power. Hungry Girl suggests keeping all your beverages around 50 calories or less. People often down 4-5 cups of coffee with milk and sugar thinking these beverages are calorie-free and they aren't."

Sometimes what you don't know does indeed hurt you.

Of people living in the United States can not be separated from a variety of fast-food chain stores, in addition to domestic consumers are familiar with the McDonald's, KFC, in the United States the famous fast-food shops also includes Taco Bell (TacoBell), and so on. Taco Bell main flavor of Mexico, Mexico sign products Vol. In Los Angeles, California, when the NBA's Lakers win at home and scored over 100 points, each of the audience can exchange tickets with a Taco Bell in Mexico Vol. However, since New York last month, a 11-year-old boy eating Roujman body adverse reactions to the hospital after treatment, Taco Bell and nobody is interested in the Roujman have. Two months ago, KFC in New York announced that its products are no longer using trans fats. So 2006 became the American-style fast food in Waterloo.

Taylor boys in New York on November 24 in a Long Island Taco Bell chains ate three with cheese and lettuce the tower can be cake, food poisoning after a physical response. In early December, Taylor and their families will Taco Bell companies to court, said company in the food check on Taylor's negligence caused food poisoning.

U.S. health investigators first Taco Bell in the three cases of green onions were found in samples of E. coli pathogen may be the original body. In addition to the Green onions, they checked the cheese, lettuce, tomatoes, lettuce also found that Taylor lead poisoning may be the culprit.

Taco Bell has in the December 6 announced that the U.S. will be a total of 5,800 chain removed green onions all the ingredients, to stop using. In addition, the city of Philadelphia 15 Taco Bell fast-food shop has been suspended business. New York's Long Island and New Jersey parts of the chain because of the close inspection. At present this food infection caused by the incident, New York, New Jersey and Pennsylvania, at least 46 people infected, of which at least five people still in hospital. Poisonous green onions in Canada has also spread to the Taco Bell chain, where some incidence.

The investigators reported that Taco Bell to use all the green onions from a California farm. And there happens to be in September shocked the United States of poisonous spinach incident in the production of spinach. California middle class in spinach, E. coli infections caused by the incident left three people dead and more than 200 people sick.

The United States is a attaches great importance to food safety, when European countries for mad cow disease and foot and mouth disease, and so troubled by the food crisis, American consumers for its own food safety is very assured. In the United States, related to food safety laws and regulations are numerous, both integrated, such as the Federal Food, Drug and Cosmetic Act, Food Quality Protection Act and Public Health Services Act, also have very specific federal meat Class Inspection Law. These laws and regulations cover all food, food safety developed a very specific

standards and regulatory procedures. However, the U.S. fast-food industry is also a very powerful force in the country, many fast food restaurants use trans-fat fried food production, so when many countries have legislative restrictions on trans-fat content in foods, the United States has yet to respond, until October, New York, the first to consider the adoption of legislation to ban trans-fat content of foods. It is precisely because of the legislative pressure, such as Wendy and KFC fast-food industry before announcing adjustments food ingredients, are no longer using trans fats.

Link

U.S. Centre for Science in the Public Interest (CSPI) has made an application to the Food and Drug Administration (FDA) to design a unified national symbol, the logo will make it easier for consumers to identify healthy foods. Mentioned in the application, to provide nutrients in the food's nutritional content of important information, but a simplistic label system can add relevant information to help consumers choose more healthy diet.

About the Author

From www.momlogic.com:

Look up calorie and nutrition facts for your favorite Taco Bell menu items and find healthier.

Taco Bell Nutritional Information. At Taco Bell, we take great pride and care to provide you with the best food and dining experience in the quick service.

When you want to step up to the freshest ideas in fast food, make the bold choice for Taco Bell. Featured Item . Taco Bell Nutritional.

Taco Bell Nutrition Is Not The Worst, But It Still Has A Long Way To Go. fact that Taco Bell could do considerably.

It is possible to use Taco Bell nutrition information to create a reasonable meal that is part of a healthy.

Find a way to eat and get reasonable Taco Bell Nutrition while keeping to your weight.

Despite recent criticism, Taco Bell nutrition is not the worst in the fast food industry. Mind you, they still have a long way to go to be considered.

As you know taco bell provide wholesome Mexican food. This consists of rice, meat, Beans, tomatoes, lettuce etc. This can be fat rich avoidable.

Source: <http://productsherbal.com>