The 17 Fattiest Foods in the States

Maine: Lobster roll
New England is a bastion of Fresh - and healthy - seafood. But seafood restaurants are guilty of transforming these powerhouses of heart-healthy fats into saturated fat delivery machines. The lobster roll piles on the mayo and butter.
Ingredients: Lobster meat, cucumber, mayonnaise, tarragon, scallions, salt, pepper, hot dog bun butter.

Louisiana: Beignet
A staple at southern cafes is the Beignet, a fried dough pastry particularly linked with New Orleans. One of the most popular places to enjoy a beignet is Café Du Monde, a coffee shop I the Big Easy. There, the fried puffs come covered in powdered sugar in orders of three.
Ingredients: Fried dough, powdered sugar
Fat content: Recipes estimate that Café Du Monde- style beignets clock in at about 11 grams of fat, the same as in a McDonald’s cheeseburger.

Kentucky: KFC’S double down
Everyone’s buzzing about the Double Down, the new bunless sandwich from KFC. Surprisingly, it’s not the fattiest item on this Kentucky –based chain’s menu—the chicken pot pie takes the cake—but it is definitely still among the worst.
Ingredients: two fried chicken fillets, bacon, pepper jack and Monterey cheese, special sauce. Fat content: 32 grams in one sandwich

Kansas: Charred ends
Burnt ends don’t necessarily sound like a delicacy, but in Kansas, the charred ends of the brisket are held in highest esteem.
Ingredients: These crunchy cubes are the fatty ends of a barbecued brisket
Fat content: Recipes vary between about 10 to 12 grams of fat per serving.

Iowa: Hot Beef sundae
In 2006, the hot beef sundae made its debut at the Iowa State fair. An artery-clogging play on the classic hot fudge sundae was marketed as a “a new twist to an old favorite.”
Ingredients: Mashed potatoes, roast beef, beef gravy, cheddar cheese
Fat content: The Iowa State Fair recipe will dish out a “sundae” with about 28 grams of fat.

Indiana: Fried-brain sandwich
The Hoosier State is known for its pork products and festival fare. But Evansville, Ind's Hilltop Inn, until recently, was more famous for serving up a fried-brain sandwich that dates back to the days of waste - not German and Dutch settlers.
Ingredients: Oil for frying, brain on bun with pickles and onions
Fat content: A 6 ounce scoop of beef brain batter fried up about 24 grams of fat. The pork version is estimated to be closer to around 18 grams.

Idaho: Bacon Bleu Cheese Dressing
In a state known for its potatoes, residents tend to get creative with their spuds, often by adding fatty toppings. Dollop of sour cream on the top of a baked potato looks like a good choice compared to the Bacon Blue Cheese dressing.
Ingredients: Chunky blue cheese dressing, hickory smoked bacon.
Fat content: 2 tablespoons contain 16 grams of fat, about the same as entire Burger King Cheeseburger.

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**Illinois: Deep-dish pizza**
Deep-dish pizza, native to Chicago, was born in at the original Pizzeria Uno’s. Now a nationwide chain, the restaurant continues to serve deep-dish pies, piled high. Guilty of one of the oldest tricks in the book, the restaurant markets pizzas as an “individual” size, but the pie should really serve three. It’s a sure way to up your fat intake.
Fat content: One serving of the cheese & Tomato deep dish has 40 grams of fat, 5 more than your recommended daily limit. Add toppings, like sausage or pepperoni, and that can jump as high as 55 grams of fat per serving!

**Hawaii: Loco Moco**
Legend says the islands’ comfort food dates back to 1949, when a group of hungry teens wanted the owner of HILO’S Lincoln Grill to whip up something cheap but filling. He threw together white rice, a beef patty, and gravy, which came to be known as the Loco Moco.
Ingredients: The Large at Island Cuisine Maui, a Maui restaurant, has two hamburger patties, two eggs, three scoops of jasmine rice, plus onions, fish and mushroom gravy.
Fat content: Two hamburger patties contain 32 grams fat, two eggs have 10 grams of fat, and a serving of gravy has about a gram of fat, which edges this dish close to the daily limit.

**Georgia: Luther Burger**
The story behind the Luther Burger is murky. But the general consensus is that this monstrosity was invented at a suburban bar in Decatur, Ga., and named after R&B (and diabetic) Luther Vandross. In 2008 Paula Deen of the food Network took it one step further by topping it off with a fried egg.
Ingredients: Ground-beef patty, topped with cheese and bacon between two donuts .
Fat content: The two Krispy Kreme glazed donuts have 24 grams of fat and the patty has another 16.

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**Florida Empanadas**
The South American influence on Floridian cuisine is impossible to miss. Empanadas are folded meat pies served across the country, but they are particularly popular in the southern part of the Sunshine State.
Ingredients: The dough is made with lard. The filling is up to the chef, but can range from cheese to veggies to assorted meats.
Fat content: Various recipes for empanadas place them at around 10 to 22 grams of fat each. Depending on what you choose to put inside, an empanada can slide around on the nutritional value scale. Still, as the dough is usually made with lard, it’s never a low-fat choice.

**Connecticut: 2-foot-long hot dog**
Man vs food also made an appearance at Doogie’s a hot dog joint outside Hartford. Doggie’s has taken the diet-buster to a new level with its 2 foot-long hotdog smothered in half a pound of additional toppings.
Ingredients: 2-foot-long pork and beef hot dog, three rolls, onions, peppers, chili, cheddar cheese sauce, and bacon.
Fat content: The average foot-long hot dog has about 24 grams of fat, 10 grams of it saturated. But this is double that, plus it has bacon, chili, and cheddar cheese.

**Colorado: Jack-N-Grill’s 7-pound breakfast burritos**
While this mountainous state is well known for its healthy reputation - it is the state with the lowest obesity rate in the country - it is the home to one of the most giant burritos of all time. Finishing one of Jack-n-Grill’s 7-pound breakfast burritos is such a feat it was featured on an episode of the Travel Channel’s Man v food.
Ingredients: 7 potatoes, 12 eggs, a pound of ham, a whole onion, cheese, and chili.
Fat content: A pound of ham and 12 eggs alone have nearly 100 grams of fat, not counting the fat in the cheese and chili.

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California: In-n-out Burger Double Double
Golden State residents are known for their fit bodies, gym-sculpted abs, and the love for In-N-Out Burger. This West Coast drive-thru chain uses fresh ingredients, but its Double Double should also be known for its fat content, nearly twice the fat of a McDonald’s Double cheeseburger.

Ingredients: Two beef patties, lettuce, tomato, two slices of American cheese, and spread
Fat content: 41 grams. A McDonald’s Double cheeseburger contains a comparably reasonable 23 grams of fat.

Arkansas: Catfish
The south is notorious for frying just about anything. For a traditional southern fish fry, Arkansas catfish is an old standby. When you consider that this dish is often served with hush puppies, another southern fried favorite, you’re reeling in a lot of fat along with your fish.

Ingredients: Catfish, cornmeal, flour, eggs, seasonings
Fat content: This dish is faux fried in the oven and still packs a whopping 25 grams of fat per serving.

Arizona: Quadruple Bypass Burger
The Grand Canyon State takes celebrating fatty foods to a whole new level at the Heart Attack Grill. Patrons weighing over 350 pounds eat for free. The Quadruple Bypass Burger—estimated by some to be worth 8,000 calories—is at least refreshingly honest about its potential impact on your health.

Ingredients: Four beef patties, eight slices of cheese, tomato, onions sauce on a bun.
Fat content: Four patties alone clock in at around 60 grams of fat, which is just about the upper limit of 65 grams that the USDA recommends for the average woman eating 2,000 calories a day.

Alaska: Eskimo Ice Cream
Also known as Eskimo Ice Cream akutaq (pronounced agooodik or agooduk) is a classic native dish that is still popular today. Traditionally, women made a batch of the frosty treat when men returned with a freshly killed polar bear or seal. Today, modern versions are usually prepared Crisco, but traditional recipes called for meat and fat from caribou, moose, bears, seals, and fish.

Ingredients Reindeer fat, seal oil, salmonberries, blackberries
Fat content: It’s hard to estimate without a known serving size of this native treat. But consider this: An average serving of reindeer fat packs a whopping 91 grams of fat. A different version made with fish, berries, and seal oil contains 9 grams of fat.

Source: http://www.lifescript.com/health
Alcoholic Beverages

What types of alcoholic beverages are contributing the calories that adults consume?
On a given day, almost one-third of men and 18% of women aged 20 and over consume alcoholic beverages. On average, men aged 20-39 consume the greatest number of calories-174 per day- from alcoholic beverages compared with the other groups. This is greater than the 150 calories in one 12-oz can of soda.

On a given day, consumers obtain approximately 16% of their total caloric intake from alcoholic beverages. This represents the same contribution to overall calories as the 16% from added sugars among U.S. children. According to the Dietary Guidelines for Americans 2010, for most people, no more than 5%-15% of calories should be from solid fats and added sugars at any caloric intake level. Because alcohol is considered part of discretionary solid fats and added sugars, the percentage of total calories from alcohol alone is above the recommended 5%-15%. Beer is the biggest contributor to alcoholic beverages calories among men---103 of the 150 mean calories per day. This represents approximately one beer or one drink. The dietary Guidelines for Americans 2010 states that if alcohol is consumed, it should be consumed in moderation: one drink per day for women and two drinks per day for men. On average across the total population, men and women fall within these guidelines. However, 19% of men consume more than 300 calories from alcoholic beverages on a given day, exceeding two drinks. Among women, 12% consume more than 150 calories, exceeding one drink.

Are there differences by poverty level in mean calories consumed from alcoholic beverages?
Average calories from alcoholic beverages are greatest among those in the highest income category. On average, 117 calories per day are consumed from alcoholic beverages by those living at or above 350% of the poverty level, higher than the average of just over 90 calories from alcoholic beverages among those living below 130% of the poverty level. Women living at or above 350% of the poverty consumed an average 75 calories from alcoholic beverages on a given day, while those living below 130% consumed just 40 calories. Among men, no differences by income were found in average calories consumed from alcoholic beverages.

Calorie, kilo-calorie: A calorie is measure of the energy produced as foods or beverages are burning for energy in the body. The term calorie is usually used when discussing energy from foods and diets, but the unit of measure is actually a kilo-calorie.

Alcoholic beverage: Includes beer, wine, liquor, and mixed drinks (cocktails)
Alcoholic beverage calories: Calories consumed from any alcoholic beverage reported from in-person 24-hour dietary recall interviews.
Consumers of alcoholic beverages: Any adult aged 20 or over who reported consuming more than zero calories from an alcoholic beverage (see definition) on a given day, specially the 24-hour period prior to the dietary recall interview (midnight to midnight).

Sources: U.S. Department of Agriculture / National Center for Health Statistics