

Popular slow food chains such as Chili's, Applebee's are worst for waistline - report



BJ's Famous Pizookie: 2,800 calories.



Chili's Big Mouth Bites: 2,350 calories.



Red Lobster's Ultimate Fondue: 1,490 calories.

Take our Poll

Food for thought

Which dish is most worth the calories?

- Chili's Big Mouth Bites (2,350 calories)
- Bagel and Cream Cheese (400 calories)
- Cheesecake Factory Low-carb Cheesecake (420 calories)
- Beef Hot Dog, including bun (296 calories)
- Pastrami and Swiss on Rye (374 calories)
- Red Lobster's Ultimate Fondue (1,490 calories)
- BJ's Famous Pizookie (2,800 calories)

There's a supersized secret about what chain restaurants are the worst for your waistline.

And no, it's not Mickey D's or the B.K. - they don't even make the list of the worst.

A new report finds you'll really pack on the pounds if you're a regular at popular chains like T.G.I. Friday's, Chili's, Applebee's and The Cheesecake Factory.

Heaping portions, deep-fried dishes and appetizers the size of entrées are the culprits, say the folks in Washington who put out the Nutrition Action Healthletter.

"You're essentially looking at 2,000-calorie meals, which is what most people should have in an entire day," said registered dietitian Jayne Hurley, who wrote the belt-loosening report.

"I was on the Web a few months ago - again, looking at numbers that are online - and I thought, 'Oh my God, as if this can get any worse!' And it had," she said.

"You used to decide, Do I want the chicken Parmesan? Do I want the lasagna? Do I want the chicken Alfredo? None of them lightweights by themselves.

"But now, go to Romano's Macaroni Grill, go to Olive Garden, you can get all three on one plate. And of course that's without the complimentary unlimited breadsticks and salad."

Hurley's aptly named report is called "Xtreme Eating 2009: Care for an Entrée with Your Entrée?"

Hurley is the senior nutritionist at the Center for Science in the Public Interest, a nonprofit in Washington that publishes the Nutrition Action Healthletter.

She began monitoring nutritional information online as restaurant serving sizes swelled and more dishes were deep- fried or layered with cheese.

"There's no limit to the amount of deep fat frying and cheese covering that can go on in a restaurant," lamented Hurley.

The Cheesecake Factory's fried macaroni and cheese is a particularly hefty example.

At 1,570 calories and 69 grams of saturated fat, "you'd be better off eating an entire stick of butter," she said.

Information is from

http://www.nydailynews.com/lifestyle/food/2009/06/02/2009-06-02_popular_slow_food_chains_worst_for_waistline.html#ixzzOIAmDBcJV&D