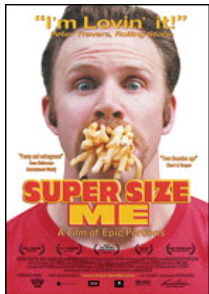


Think Twice Before Super Sizing It!

by Linda Hutchison, Editor

If you want a reminder that fast food is not part of a healthy eating plan, go see the movie “Super Size Me.” It will scare the McFat right out of you!

It is the story of one young man’s 30-day McDonald’s diet. A



documentary filmmaker, Morgan Spurlock decided to film his experiences eating nothing but food from McDonald’s three times a day for a month.

During the month he gained almost 25 pounds. His cholesterol level and blood pressure rose and his energy level and sex drive fell. His doctors asked him to stop, and his girlfriend, a vegetarian gourmet chef, was not too pleased either.

In addition to documenting his own eating, the movie shows him traveling across the country interviewing people and experts in all fields, from the Surgeon General and lawmakers, to educators and kids. His idea was to also call attention to the epidemic of obesity now bloating our country.

Read more about it at www.supersizeme.com. It’s both funny and serious and it might be all the inspiration you need to keep you driving right past the Golden Arches the next time you are tempted.