

Super Size Me: The facts from the film.

* America is the fattest nation in the world. Over 100 million Americans are overweight or obsess. 60% of all US adults are overweight or obsess.
* Mississippi is the fattest state in the nation.
* Since 1980 to the present, the amount of children who are obese has doubled. Obesity is now second only to smoking as a major cause of preventable death in America with over 400,000 preventable illnesses related to obesity each year.
* More and more Americans are eating out which leads to bigger waistlines as well. One in four Americans visits a fast-food restaurant.
* Mc Donald’s alone has 30,000 joints in 100 countries on 6 continents. It serves over 46 million worldwide each day. That is more people than the entire country of Spain. Mc Donald’s is 43% of the fast food market. Mc Donald’s is everywhere: in malls, airports, and even in hospitals.
* Morgan Spurlock, the star of the film, wanted to find out what would happen to his body if he ate nothing but Mc Donald’s for 30 days.
* Sixty-percent of Americans get no exercise at all and lead a completely sedentary lifestyle. Most Americans walk no more than 5,000 steps a day. The average New Yorker, however, walks 4-5 miles a day.
* There are 83 Mc Donald’s in New York City within 22.4 square miles. That means there are 4 per square mile.
* The small size soda in the US is the big size in France.
* The rules for Morgan Spurlock in Super Size Me are:

1. Only super-size when asked
2. Only eat things from Mc Donald’s
3. Have to have everything on the menu at least once over the next 30 days
4. Must have 3 square meals a day

* Americans eat out 40% of our meals. That’s a lot.
* Mc Donald’s works to appeal to kids with a number of tricks:

1. The Mc Donald’s playgrounds. For some communities that don’t have parks, the playgrounds at Mc Donald’s are the only place to take your kid to play.
2. Birthday parties children can have at Mc Donald’s.
3. Happy Meals appeal to kids
4. Ronald Mc Donald, the clown.

* Obesity is a national epidemic.
* The federal government says that 3 oz of meat is a serving size. Most restaurants serve 4 to 5 times that amount.
* One bagel = five pieces of bread and is between 500-600 calories.
* The original size of fries was 200 calories. A large size fries is 600 calories.
* At Burger King, a 12 oz drink used to be a small. Now it is considered kiddie-size.
* Cars have introduced different cup holders for the Double Big Gulps, which are a ½ gallon of soda and are between 600-800 calories depending on how much ice is in them.
* Toxic food and physical inactivity, as well as constant access to cheap, fatty foods are leading to an environment that almost guarantees we become obese.
* There are 3 million soda machines – enough for one machine for every 97 people.
* Obesity will overtake smoking if left unabated as the #1 cause of preventable death in the U.S.
* Weight gain and being overweight or obese leads to a lot of health problems such as:

1. Hypertension
2. Coronary heart disease
3. Stroke
4. Gallbladder disease
5. Osteo-arthritis
6. Sleep apnea
7. Respitory problems
8. Endometrial cancer
9. Breast Cancer
10. Prostrate Cancer
11. Colon Cancer
12. Insulin resistance
13. Asthma
14. Reproductive hormone abnormalities
15. Dyslipidemia
16. Hepatitus
17. Hyperuricemia
18. Cystic Ovarian Syndrome
19. Impaired Fertility
20. Adult onset diabetes

* One out of every 3 children born in 2000, if trends continue, will develop diabetes in their life
* At least 17 million Americans, 1 out of 20, have type 2 diabetes. If diabetes starts before the age of 15, you may lose 17-27 years of life.
* Direct medial costs have doubled in the past five years to 92 billion dollars.
* 20% of obsess kids have elevated liver function. Tests show that half of them have evidence of cirrhosis of the liver, which is scarring of the liver, which may lead to liver failure as adults.
* Mc Donald’s stated in their own defense that it is a “matter of common knowledge that any processing that its foods undergo serve to make them more harmful than unprocessed foods.”
* Mc Nuggets – are made from chickens pumped with hormones so that have unusually large breasts. The chickens are put into a machine whole, their heads are chopped off, and they the rest of their bodies, including feces, comes out of the machine in chicken Mc Nuggets.
* Americans see a lot of advertising. The average child sees 10,000 food advertisements each year on TV. 95% of those ads are for sugared cereals, soft drinks, and candy.
* Companies spend billions on selling and marketing their products. Mc Donald’s spent 1.4 billion on direct advertising. Hershey’s spent 200 million.
* But the 5 A Day Fruit and Vegetable Campaign only spent 2 million a year. How can they even compete in trying to educate about good, healthy food choices with so much less money?
* What is fructose? Sugar
* Half of US homes do not have Internet access.
* Half of all Mc Donald’s had posted nutritional information about their products. One in four had no information at all.
* Losing 10% of your body weight is beneficial for your health.
* Impact of fast food can be seen in our nation’s schools. A misconception of adults in the school cafeterias is that kids are eating more than the junk food they bug, but they are not often.
* There are 36 grams of sugar in Country Time Lemonade. It has as much sugar as a Coke.
* Sodexo services out to 400 school districts each day. They get to do this because they were the lowest bidder, that serves, as a result, cheap, often fatty, foods.
* A Truancy program turned things around at their school with diet. They used Natural Ovens, to serve food at their school that is: low fat, low sugar, free of dyes and preservatives, non-chemically processed, no beef, not fried or opened from a can or a box. Instead their fruit is fresh, with lots of fruits and vegetables and whole grains. The school also got rid of candy and soda machines. The school saw major changes in the kids – better behavior and more focus. The program costs the same as any other school program. So why isn’t everyone doing this program? Because big companies put a lot of pressure on schools to serve junk foods because the companies make huge profits on the sale of lots of junk food and soda.
* LA Unified banned soda, which has tons of sugar.
* Texas has 5 out of the 10 fattest cities in American with Houston as the #1 fattest city in America.
* In the U.S. the only state that requires mandatory PE in its public schools is Illinois, which is also one of the fattest states ironically enough.
* The surgeon general says you need a minimum of 30 minutes of exercise a day to maintain weight and well-being.
* In 2001, No Child Left Behind, was passed, and as a result in many schools, recess is being cut out to prepare for tests.
* What is a calorie? It is a measure of energy content in food. One calorie is the amount of energy needed to raise a liter of water by 1 degree Celsius.
* There are only 7 items on the Mc Donald’s menu with no sugar:

1. French fries
2. Iced tea
3. Diet Code
4. Chicken Mc Nuggets
5. Hash browns
6. Sausage
7. Coffee

* Morgan Spurlock in the film, according to his doctors, was wiping out his liver with a high fat diet.
* There was a drug effect from the food within the brain – not just the taste kept him eating, but the food affects mood and it can become addicting.
* 72% of people who eat at Mc Donald’s at least once a week are heavy users.
* 22% of people who eat at Mc Donald’s are super heavy eaters – they eat there multiple times a week.
* 100 nutritionists were called in the film and 45 of them said never to eat at Mc Donald’s.
* 30 billion dollars is spent each year on diet products and weight loss programs. That is 2.5 times what Americans spend on fitness and health.
* Why does the fast food industry have lobbyists to do for them?

1. To make sure that no government agency ever says eat less of a company’s products
2. To make sure that the government never passes legislation that is unfavorable.

* What happened to Morgan Spurlock’s body as a result of his 30 day experiment eating nothing but Mc Donald’s?

1. He gained 24.5 pounds.
2. His liver turned to fat
3. His cholesterol shot up 65 points.
4. He had an 11-15% body fat increase.
5. He nearly doubled his risk of coronary heart disease.
6. He became depressed and exhausted
7. His sex life was non-existent
8. He had bad mood swings
9. He had massive cravings and massive headaches.

* Premium salads at Mc Donald’s have 51 grams of fat and have more calories than a Big Mac. Eating one provides you with 79% of your daily fat intake.
* Spurlock was asked to Supersize his meals 9 times. Five of those were in Texas.
* He consumed 30 pounds of sugar that month – a pound a day.
* He consumed 12 pounds of fat over 30 days.
* The Cheeseburger Bill was passed by Congress and makes it illegal to sue fast food for making you obsess.
* Detroit is now the #1 fattest city in America
* Texas has now added five additional fattest cities to the list.
* Six weeks after the film Super Size Me premiered, Mc Donald’s announced they were eliminating their Super Size me menu.