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POPCORN ... POP IT AND PACK IT!

We all love going to the movies. We all love eating popcorn at the movies. Let's face it ... we all probably go the movies *just for* the popcorn! But ... buyer beware the nutritional information for movie theatre popcorn. Three movie theatre chains were used as a reference—UnitedArtists (UA), Regal Cinemas, and AMC. They all had the exact same nutritional stats, so we assume all other movie theatre chains are identical or close to it.



	<u>Calories</u>	<u>Fat Grams</u>
Kid's size (5 cups), plain	300	20
Kid's size (5 cups), with butter	470	37
Small (7 cups), plain	400	27
Small (7 cups), with butter	630	50
Medium (16 cups), plain	900	60
Medium (16 cups), with butter	1,200	97
Large (20 cups), plain	1,160	77
Large (20 cups), with butter	1,640	126

These are some scary stats ... and it only gets worse when consider all the sodium!!!

THINK AHEAD before going to the movies. Have a plan. If you want to stay on track, if you want to feel good about making the right decision, either pop and pack your own from home to have control in the theatre environment ... or wait until the movie is out on DVD and watch it at home in *your* environment!