



XTREME EATING 2010

Would you like some calories with that?

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With three out of five Canadian adults—and one out of four Canadian children—overweight or obese, you'd think that restaurants would have some interest in keeping their patrons alive and dining out longer.

And with more eateries posting calories and other numbers online, you'd think that restaurants would be dropping high-calorie items out of sheer embarrassment.

Nope. It's business as usual in the restaurant industry. And that means it's business as usual around here.

Welcome to our **2010 Xtreme Eating Awards**.

Information compiled by Jennifer Libman in Toronto.



Wing Spread

Kelsey's All-You-Can-Eat Wings

"Wing lovers unite," urges Kelsey's Web site. "All You Can Eat Wings Sunday to Wednesday... We're celebrating over 30 years of

great tasting wings and we want you to join us."

Isn't that swell? Kelsey's is inviting us all to celebrate. And what better way to mark the occasion than by ordering plate after plate of wings for only \$15.99?

The first plate has a dozen wings to whet your appetite with 1,430 calories and 18 grams of saturated fat. That doesn't include any of the 10 sauces that you can pick to coat your wings. Go for the Medium, for example, and you'll add 300 calories and 12 grams of sat fat plus 1,980 milligrams sodium.

Of course, you can't eat deep-fried chicken without deep-fried potatoes. Fries add another 350 calories, 2 grams of sat fat, and 1,120 mg of sodium. Now you're up to a full day's worth of calories, 1½ days' sat fat, and a two-day supply of sodium.

But why bother with all-you-can-eat wings if you're going to stop at one helping? Kelsey's lets you switch sauces with each free eight-wing refill, so things don't get boring. You can try a lighter sauce like Guinness Barbecue (110 calories and 520 mg of sodium) or go heavy with Hot Stripe Ranch (340 calories plus 7 grams of sat fat and 1,390 mg of sodium). And don't forget to add 150 calories and 300 mg of sodium for every 2 Tbs. of the \$1.99 Blue Cheese dressing you dip in.

Too bad you get just one order of fries!

Are We Having Funnel Yet?



East Side Mario's Funnel Cake

There was a time when people had to go to a ball game or an amusement park to find a funnel cake. But thanks to East Side Mario's keen concern for its patrons, any diner can order a pile of fried and sugar-topped white flour right off the menu.

But Mario doesn't stop there. He adds two scoops of French vanilla ice cream, strawberry and caramel sauces, and a dollop of whipped cream on top. Now you're talkin' fun!

The tab: 1,210 calories and 25 grams of saturated fat. What do you expect when you fry roughly 1 cup of white flour and toss in some 16 teaspoons of sugar (2½ days' limit for women)? Think of it as half a dozen Honey Dip doughnuts from Tim Hortons.

As for the sodium, trust us. It's not easy to find 1,110 milligrams in a dessert.

The calories in Mario's other desserts don't quite measure up. Remember when a slice of cheesecake seemed indulgent? With 730 calories, it now it seems ho-hum, run-of-the-mill.

How about thicker slices, Mario?





Cajun Calamity

“Creamy garlic and sun-dried tomato sauce meets cajun shrimp, cheddar, pizza mozzarella and crumbled feta. Topped with fresh chopped tomato and cilantro.” That’s how

Boston Pizza Cajun Shrimp Pizza

Boston Pizza describes its Cajun Shrimp Pizza.

What’s wrong with tossing shrimp and tomato chunks on a pizza for one? Try 1,050 calories and a day’s saturated fat (20 grams) and sodium (2,070 mg). We figure the crust alone supplies 350 calories’ worth of flour (about 1 cup).

To some people, shrimp pizza may sound healthier. Yet at Boston it’s worse than the Pepperoni (750 calories and 13 grams of sat fat) or the Bacon Double Cheeseburger (910 calories and 19 grams of sat fat). In fact, the only pizza with more sat fat than the Cajun Shrimp is the ham-and-cheddar-and-mozzarella Great White North (960 calories and 22 grams of sat fat). But at least that one *sounds* heavy.

Bottom line: Your odds of *being* heavy rise with every individual Boston Pizza you down.



Panono

“Spit-roasted chicken, Provolone cheese, roasted garlic aioli, roasted red peppers, fresh basil and spinach served on grilled Ciabatta bread.”

East Side Mario's Roasted Chicken & Provolone Panini

How can you go wrong with East Side Mario’s Roasted Chicken & Provolone Panini? It’s just chicken, red peppers, and spinach, for heaven’s sake? Let’s see. You can go wrong with the calories (910), wrong with the saturated fat (15 grams), and wrong with the sodium (1,760 mg).

Add fries instead of soup or salad and you can go even wrong. Try 1,290 calories, a day’s sat fat (18 grams), and two days’ sodium (3,230 mg). The Portobello Panini with fries hits 1,350 calories.

What gives Mario’s paninis so many calories? Our guess: it’s the fat that’s slathered on the hunks of white bread before they’re grilled. Either way, your midriff will remember this trendy new sandwich long after the trend fades.



Meltdown

“A smoky chipotle-breaded chicken breast, topped with a marinara sauce and melted Mozzarella cheese. Served on a bed of roasted garlic fettuccine Alfredo,” says Montana’s menu.

Montana's Chipotle Chicken Parmesan

Okay, fettuccine Alfredo and melted cheese are red flags. Yet

most people would be surprised to hear that a poultry dish like the Chipotle Chicken Parmesan packs 1,300 calories plus more than a day’s worth of saturated fat (25 grams), trans fat (2 grams), and sodium (2,010 mg).

And, like all pastas at Montana’s, it comes with two slices of toasted garlic bread. Yay! Another 280 calories and 3 grams of sat fat. They’ll even add cheese to the bread at no added cost (to your pocketbook, that is).

You could be eating at Montana’s before a 2½-hour bike ride. But on the off chance that you won’t be burning off the 1,580 calories after dinner, you’re going to need some place to store them. How does your belly sound?



The Chips are Down

Kelsey's Blue Cheese Kettle Chips

Looking for an appetizer to tide you over until dinner arrives? What could handle hunger better than “thick cut potato chips stacked high and layered with our creamy Blue cheese sauce, double smoked bacon and green onions”?

An order of Kelsey’s Blue Cheese Kettle Chips holds 1,200 calories, half a day’s saturated fat (12 grams), and 1½ days’ sodium (2,430 mg). And you don’t have to worry about getting enough carbs with a pile of white potatoes under your belt (literally).

Don’t want an appetizer? No problem.

You can order the Blue Cheese Kettle Chips as a 600-calorie side to go with any burger or sandwich. No other side can match it—not the onion rings (250 calories), the fries (350 calories), or the loaded baked potato (400 calories).

We can all use an extra 600 calories. You never know when you’ll need them, say, to find the TV remote.

Pig Out



Kelsey's Pulled Pork Sandwich

Kelsey's Pulled Pork Sandwich doesn't look dainty.

The "slow roasted tender pork smothered in our Guinness Barbecue sauce, topped with a three cheese blend and deli mustard on a toasted pretzel roll" weighs about half a kilo. It's like ordering two of Kelsey's 11 oz. New York Striploin Steaks.

Even without side dishes like fries, kettle chips, or soup, you're facing 1,170 calories and a day's saturated fat (19 grams) that are going to need a new home somewhere in your fat cells and artery walls.

Then there's the cup or so of white flour in the roll (no wonder it's so long), and the dish's two days' worth of sodium (3,620 mg) without fries—or three days' worth (4,740 mg) with fries—to give your blood pressure a jolt.

Dessert, anyone?

Pesticide

"Milestones is the perfect place to celebrate all of your life's milestones," notes the chain's Web site. "Those special moments that require just the right dish to make it memorable."

You'll remember the Grilled Chicken Pesto Fettucini all right. At least your waistline will.

A double breast of chicken "tossed in our Reggiano pesto cream" doesn't sound so bad. Pesto is largely fresh basil and olive oil, with some Parmesan cheese and pine nuts. It's not as though you're having spaghetti with meatballs.

It's worse. The dish packs 1,460 calories, 35 grams of saturated fat, 2½ grams of trans fat, and 3,290 mg of sodium. At East Side Mario's, the Spaghettoni and Meatballs has "only" 910 calories and 10 grams of sat fat.

The truth is that pasta is a calorie magnet. At Milestones, at least five of the pastas have more than 1,100 calories. (One of the few exceptions: the Butternut Squash Ravioli has 770.) Most of the calories come from white flour and cream. And that doesn't include the complimentary white-flour bread.

You could order *four* Angus Beef 8 oz. Top Sirloin steaks (*sans* sauce and sides) and get the same calories (1,440) and less sat fat (20 grams) than you would in the Grilled Chicken Pesto Fettucini.

Does opening your belt another notch count as one of life's milestones?



Milestones Grilled Chicken Pesto Fettucini

31 Below the Belt



Baskin Robbins Fudge Brownie 31 Below

"Baskin Robbins is excited to launch Soft Serve this year and will become the only ice cream store that will offer both hard scoop and Soft Serve," glows the company's Web site. "Now families can get their choice of ice cream at one location!"

OMG! That is SO exciting. And BR isn't just talking cones. You can top your small (12 oz.), medium (16 oz.), or large (24 oz.) cup of soft serve with your "favourite toppings like Reese Peanut Butter Cups, Oreo and Smarties."

Take the Fudge Brownie 31 Below. "Brownie chunks and hot fudge mixed with Baskin Robbins smooth and creamy vanilla Soft Serve" means 970 calories,

20 grams of saturated fat, 1 gram of trans fat, and 27 teaspoons of added sugar.

And that's just for a small.

A large hits 1,900 calories, 39 grams of sat fat, 1½ grams of trans fat, and 52 teaspoons of added sugar. Who needs a 250-to-300-calorie regular scoop of ordinary ice cream when you can get as much as a day's calories (plus two days' worth of sat fat and a nine-day supply of added sugar) in a convenient Fudge Brownie 31 Below?

Baskin Robbins does offer a selection of "BRight Choices" for the few patrons who can't afford 1,000+ calories in a snack. They're frozen yogurts or light or no-sugar-added ice creams in flavours like Raspberry Chip, Butter Almond Crunch, and Maui Brownie Madness. A regular scoop will run you 150 to 250 calories and no more than 6 grams of sat fat.

If those are the *bright* choices, what does that make the 31 Belows? 🍦