

STILL SUPERSIZED

BY JAYNE HURLEY & BONNIE LIEBMAN

In 2004, McDonald's phased out its super size fries and drinks. The decision was widely attributed to "Super Size Me," an independent film that documented the filmmaker's "growth" as he ate nothing but McDonald's food for a month. A company spokesperson claimed at the time that the decision had "nothing to do with that whatsoever."

Yeah, right.

In fact, super sizes are alive and well, not just at fast-food chains, but at restaurants of all stripes. Of course, menus

don't call them super-sized. They're just the typical servings we now think of as normal.

Here's how a sampling of restaurant foods (the left photo of each pair) compares to the government's recommended serving sizes (the right photo). The government servings are supposed to reflect what people actually eat.

Yeah, right.

Information compiled by Jennifer Libman and Neera Chaudhary, with help from Namita Davis.



660 calories
315 grams



290 calories
140 grams

Kelsey's Buffalo Chicken Sandwich

SANDWICHES. If you ask Health Canada, a typical sandwich weighs 140 grams. Maybe that would work if you stuck two 30-gram slices of meat on two 30-gram (small-ish, Wonder-sized) slices of bread and if your cheese, lettuce, tomato, mayo, etc., added up to only 20 grams. But at many table-service restaurants, 140 grams is closer to *half* a sandwich.

At Kelsey's, for example, a Buffalo Chicken Sandwich (breaded and fried chicken, lettuce, tomato, and ranch sauce) served on a sesame bun weighs 315 grams, according to the company. That's why it delivers 660 calories along with its 7 grams of saturated fat (a third of a day's worth) and 1,500 milligrams of sodium (a full day's quota). Montana's Chipotle Buffalo Chicken Sandwich is in the same ballpark.

It's not just Kelsey's and Montana's. At Boston Pizza, a Buffalo Chicken Sandwich hits 515 grams and 910 calories. And it's not just Buffalo chicken. A turkey club at sit-down restaurants typically weighs between 350 and 450 grams and delivers roughly 700 to 1,000 calories, while a Philly cheesesteak-type sandwich (400 to 700 grams) piles on some 900 to 1,200 calories. On the plus side, if you don't ask for Tim Hortons sandwiches on a large bun, they weigh in at 200 to 250 grams (300 to 400 calories).

Bigger isn't always better.



330 calories
130 grams



140 calories
55 grams

Tim Hortons Blueberry Muffin

MUFFINS. A muffin weighs 55 grams, according to Health Canada. Not according to restaurants. Tim Hortons says that its Blueberry Muffin weighs about 130 grams. That's a tad lighter than similar muffins from Country Style or Second Cup (around 140 grams), and somewhat heavier than the 115-grammers at Mmmuffins.

No wonder a blueberry muffin can leave anywhere from 330 calories (Tim Hortons or Mmmuffins) to about 400 calories (Country Style or Second Cup) for your fat cells to store. Other muffins do about the same or (like chocolate) more damage.

Where do the 330 calories in Tim's blueberry muffin come from? You get about 110 from the roughly 7 teaspoons of added sugar (more than a day's supply for women), 100 each from the white flour and oil, and 10 or so from the blueberries (assuming Tim uses, say, 10 blueberries per muffin).

Tim Hortons' and Mmmuffins' low-fat blueberry muffins trim the calories w-a-a-y down to 290. And Tim's (mostly-white-flour) Whole Grain Blueberry Muffin has 30 calories *more* than his regular version. Second Cup's Low Fat Blueberry Bran Muffin (340 calories) is no bargain either.

The only way to *really* trim a muffin: eat half. Better yet, skip the muffin and find yourself a handful of fresh berries.

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750 calories
325 grams

Boston Pizza individual Pepperoni Pizza



320 calories
140 grams

PIZZA.

When did we go from one slice to one *pizza* per person?

Pizza Hut's Personal Pan Pepperoni Pizza weighs 70 grams more than Health Canada's serving size of 140 grams. But it's puny next to the individual Pepperoni Pizza at Boston Pizza (325 grams). What *aren't* puny are the calories: 600 at Pizza Hut and 750 at BP.

While those numbers are par for the course at pizza places, things get worse at roadhouse-type restaurants. For example, Jack Astor's 425-gram The Easy Sell Pizza (with pepperoni) packs 1,050 calories, more than a day's saturated fat (25 grams), and nearly two days' sodium (2,820 milligrams). And Kelsey's 520-gram Classic Canadian Pizza (with pepperoni and bacon) smacks 1,250 calories down your gullet. Along with them come 27 grams of sat fat and 3,450 mg of sodium. Extra cheese, anyone?



330 calories
1½ cups



120 calories
½ cup

TCBY regular 98% Fat Free Golden Vanilla

FROZEN YOGURT.

Most chains give calories for a 125 mL (½-cup) serving (that's Health Canada's standard). But what they hand you is likely to contain more. At TCBY, for example, a small is about 1 cup and a regular about 1½ cups. So if you order, say, a 98% Fat Free Golden Vanilla, that means 330 calories in a regular, not the 120 calories shown on the company's Web site.

At Yogen Früz, a medium Non Fat Probiotic "Mix It" is around ¾ cup and a Non Fat Probiotic "Top It" is around 1 cup. Each will set you back around 200 calories.

So proud of your "low-cal" frozen yogurt that you pour on the toppings? Unless it's unsweetened fruit, don't.

SMOOTHIES.

At Booster Juice, smoothies range from 12 ounces ("snack") to 24 ounces ("regular"). So much for Health Canada's 250 mL (8 oz.) serving.

But who cares? Smoothies are mostly fruit, right?

Wrong.

At Booster Juice, for example, a regular Strawberry Sunshine smoothie packs a 315-calorie punch. Roughly half of the calories come

from *juice*, not fruit, which means they won't curb your appetite like the calories from solid foods do. The rest come from fruit plus sweetened sorbet. (Most chains, including Booster Juice, use sweetened sorbet and/or sweetened frozen yogurt in most or all of their smoothies.)

At Jugo Juice, most smoothies are only available in 24 oz. So you walk away with, say, 285 calories in a Righteous Red (raspberries, strawberries, cranberry juice, and unsweetened yogurt). At least Jugo doesn't use sweetened sorbet or frozen yogurt (other than in its three Buzz smoothies).

Bottom line: You're a lot better off with fresh fruit.



315 calories
24 oz.



105 calories
8 oz.

Booster Juice regular Strawberry Sunshine



770 calories
335 grams



320 calories
140 grams

Montana's Classic Sirloin Burger

BURGERS.

A burger weighs 140 grams, says Health Canada. Other than a Harvey's Original Hamburger (140 grams with no toppings) or McDonald's Quarter Pounder (170 grams), good luck finding one of those babies. A McDonald's Big Mac weighs in at 210 grams and a Big Xtra at 220. And they're at the low end of what most table-service restaurants offer.

Even with a simple burger like Montana's Classic Sirloin (which has lettuce and tomato but no cheese or bacon), you're talking a 195-gram (cooked) patty and a 95-gram bun. That explains the Classic Sirloin's 770 calories. (Make it 1,170 if you get fries as your side.)

And Montana's Classic Sirloin Burger is better for your waistline than Jack Astor's 340-gram Classic Burger (840 calories), which is better than Casey's 520-gram The Butcher Block Burger (850 calories), which is better than Boston Pizza's 425-gram The Original Burger (940 calories).

Big burgers eventually turn into big bellies...and big coronaries.



325 calories
125 grams

140 calories
55 grams

BAGELS. A bagel weighs 55 grams, says Health Canada. But a typical bagel at a place like Tim Hortons, Country Style, Starbucks, or The Great Canadian Bagel clocks in at 115 to 125 grams. That means you get around 300 calories' worth of (usually) white flour before you add another 150 calories from the typical 3 Tbs. shmear of regular cream cheese (or around 100 calories if you go for the *light*). Oy!

The Great Canadian Bagel Plain Bagel



330 calories
16 oz.



125 calories
6 oz.

Starbucks grande Caffè Mocha

COFFEE.

Remember when a cup of coffee was 175 mL (6 oz.)? According to Health Canada, it still is.

At Starbucks, though, a grande (that's a medium) is 16 oz. It's larger than a tall (12 oz.) and smaller than a venti (20 oz.). Of course, even

a *litre* of black coffee wouldn't show up on your waistline.

A Starbucks grande Caffè Mocha (espresso with mocha sauce, steamed milk, and sweetened whipped cream), on the other hand, delivers 330 calories, many of them from its 8 grams of saturated fat and about 4½ tsp. of added sugar. Second Cup stuffs 440 calories and 14 grams of sat fat into its medium (16 oz.) Moccaccino.

A large (14 oz.) Café Mocha at Tim Hortons has "only" 270 calories, but the 10 grams of sat fat and roughly 8 tsp. of added sugar in the oil-and-sugar mocha mix are no bargain.

Health Canada may assume that Canadians are drinking just 6 oz. of coffee. But what matters isn't *their* view. It's whether something obscures *your* view of your toes when you look down.



690 calories*
8½ oz. cooked

285 calories*
3½ oz. cooked

The Keg New York Striploin

STEAK. A typical serving of steak is 125 grams (4½ oz.) raw or 100 grams (3½ oz.) cooked, says Health Canada. Really?

On most menus (which list raw weights), a New York Striploin is 10 oz. That cooks down to about 8½ oz. (and 690 calories), or roughly 2½ times Health Canada's serving. Many menus also feature a 14-ouncer. The Keg's, we estimate, brings nearly 1,000 calories (and 25 grams of saturated fat) to your plate. Some restaurants up the steak ante to 16 oz.

The good news: many chains offer 7 oz. filet mignons or 8 oz. sirloins, leaner cuts that cook down to about 6 oz. (and 350 calories). Think of it this way: cowboys aren't supposed to be chubby.

* Estimate.



1,150 calories
4 cups*



290 calories
1 cup

Boston Pizza Fettuccini Carbonara

PASTA. A serving of pasta is 250 mL (1 cup), says Health Canada. At Boston Pizza, the Fettuccini Carbonara (pasta with bacon in an Alfredo cream sauce) is closer to 4 cups. Un-suspecting diners who order the dish end up with 1,150 calories and 24 grams of saturated fat (more than a day's supply), plus whatever the free garlic toast adds. East Side Mario's Scallop Carbonara (1,140 calories and 21 grams of sat fat) isn't much better.

Boston Pizza's Fettuccini with Alfredo Sauce also measures about 4 cups...and 1,100 calories. In fact, pasta with cream sauce at just about *any* restaurant will cost you at least 1,000 calories.

Pasta packs 200 calories per cup *before you add any sauce*. How many cups can you afford?

* Estimate.



200 calories
65 grams



90 calories
30 grams

Second Cup Chocolate Chunk Cookie

COOKIES.

A serving of cookies is 30 grams, says Health Canada. That's equal to two Christie Chips Ahoy! Chocolate Chip Cookies.

How 1950s. At Second Cup, the 65-gram Chocolate Chunk Cookie delivers 200 calories' worth of white flour, chocolate, sugar, margarine, butter, and eggs. Seem high? Not compared to the Chocolate Chunks at Country Style (190 calories), Tim Hortons (230 calories), or Mmmuffins (280 calories). And it's downright puny compared to a Starbucks Double Chocolate Chunk Cookie (450 calories).

In the United States, Starbucks sells a 1 oz. (30-gram), 130-calorie Double Chocolate Cookie. They call it Treat-Sized. We call it sensible. 🍪