Super Size Me Fact Sheet

1. Over ________% of adults are overweight or obese.
2. Since 1980, the number of overweight and obese adults has doubled. There are now ________ as many overweight/obese children and _________ as many adolescents.
3. Obesity is second only to ____________ as the main cause of preventable death in America.
4. ____________ deaths per year occur as a result of obesity-related illnesses.
5. Each day, one in ______ Americans visits a fast food restaurant.
6. There are _______________McDonald’s joints worldwide.
7. McDonald’s feeds ______________ people worldwide every day.
8. In the U.S., McDonald’s accounts for ____________% of the fast food market.
9. Lawyers say the lawsuits against McDonald’s are frivolous because the dangers from eating their food are “universally known” and the two girls cannot show that their ____________ and ____________ problems were caused solely by ____________.
10. The judge said that if it could be proven that McDonald’s intends for people to eat their food for ____________ meal every day AND that doing so would be “____________________,” they may have a claim.
11. More than _______________% of Americans get no form of exercise.
12. According to Professor John Banzahf of George Washington University, we eat out for ______% of our meals.
13. Banzahf says McDonald’s, more than other fast food restaurants, lures kids with what five things?
14. David Satcher, MD and former surgeon general, was the first surgeon general to draw attention to the obesity crisis, declaring it a national ________________.
15. There are __________ calories in a small order of McDonald’s fries and _____________ calories in the super size.
16. Kelly Brownell, PhD, Professor at the Yale Center for Eating and Weight Disorders, says we live in a “____________ environment,” an “environment that almost ____________ that we become sick.”
17. David Satcher says that in the last _______________ years, we’ve seen a “doubling of overweight and obese children and _________________."
18. Obesity is linked to the following twenty diseases:
19. If current trends continue, one in ____________ children born in the year 2000 will develop ________________ in their lifetime.

20. Tommy Thompson, Secretary of Health and Human Services, mentions that at least ________________ Americans have diabetes, that’s one in ____________. 

21. William Kirsch, MD and Head of the Department of Medicine at the Texas Children’s Hospital, mentions that if diabetes starts before the age of 15, you “lose between _______ and _________ years of lifespan.”

22. Thompson states that the “direct medical costs associated with diabetes have ________________ in the past ______ years from _________ billion in 1997 to ______________ billion in 2002.

23. Kirsch states that ____________% of obese children have abnormal liver function. Half of those children have evidence of scarring or fibrosis of the liver—the early stages if cirrhosis of the liver. These individuals, if they do not change their diet and exercise habits, will end up with liver ________________.

24. McDonald’s admits that it is a “matter of common knowledge that any processing [their] foods undergo serve to make them more ________________ than ____________ foods.”

25. The average American child sees ________________ food ads per year on tv.

26. __________% of these ads are for the following 4 items:

27. In 2001, McDonald’s spent _________ billion dollars on “direct media advertising” worldwide.

28. Banzahf argues that although there is personal responsibility for making good eating decisions, consumers don’t always have the information they need to make these decisions. Why not?

29. Barbara Brown from Sodexho says they hope “__________ will learn to make the right choices” about food.

30. Natural Ovens of Manitowoc, WI, is a company that provides lowfat, fresh, natural food for schools. Their food costs about ________________ compared to other food companies that provide food for schools.

31. Only one state, ________________, requires mandatory physical education in K-12 schools.

32. The surgeon general recommends _____________ minutes of physical activity each ____________ in order to maintain weight and a healthy well-being.
33. According to Marion Nestle, Chair of Nutrition and Food Studies at NYU, a calorie is the amount of ________ it takes to raise the temperature of _________ of water by ____________ Centigrade.

34. According to Neal Barnard, Physician for the Committee for Responsible Medicine, there is evidence there that food can be addictive. He explains that when the drug ________________________ -- which is used to block the __________________ receptors in the brain when a person overdoses on heroin—will have the same effect on chocolate addicts; that is, the chocolate addict will immediately lose interest in chocolate after being given this drug. This demonstrates that food can be ________________________.

35. Out of 100 nutritionists surveyed, __________ said that we should never eat fast food.

36. Although we do not spend money on healthy food, we spend a lot of money on ________________________________.

37. ________ % of gastric bypass patients will get rid of their __________________ medication and be cured of ____________________.

38. In his 30 day fast food binge, Morgan Spurlock gained a total of _____________ pounds.

39. Spurlock’s body fat increased from _________ % to ____________ %.

40. What negative health consequences resulted from Spurlock’s binge?

41. It took Spurlock ___________ weeks of detox to get back to normal levels of cholesterol and ________________________.

42. It took him ________________ months to return to his previous weight.

43. In 2004, the Cheeseburger Bill passed. This legislation makes it illegal to _______________________.

44. After Super Size Me came out, McDonald’s eliminated ________________ from its menus.

45. Works Cited (See MLA Handbook p. 197)