

Fat of the matter

FRIED POTATO CHIPS



It has around 33% fats. This means if one munches a standard-sized packet of chips (65-75gm), he or she consumes about half of the daily fats quota. Unlike in a balanced diet, where a maximum of 30% of calories should come from fats, 50-60% of calories come from fats in chips

INDIAN SNACKS



Fats and carbohydrates combined, 100 gm of Kurkure has enough calories to satisfy one-fourth of one's daily recommended quota. If you are fond of *aloo bhujia* with tea, you get high doses of salt and trans fats, along with a high amount of calories

INSTANT NOODLES



The "tasty and healthy" meal comes with high salt, empty calories. A packet of noodle has around 3 gm of salt; recommended intake is 6 gm/day. Addition of vitamins, as claimed by Maggie Noodles, doesn't make it a healthy food as it has negligible fibres; 70% of it is just carbohydrates

POTATO FRIES



Fries that one eats with burger and soft drink are laden with fats: 20% of its weight is fats, 1.6% of its weight is trans fats. By eating a large serving (220 gm), one exceeds the safe limit for trans fats. Additional trans fats come from accompanying burger too

Nutritional guidelines

Person	Kilo calories allowed/day	Carbohydrate (gm/day)	Salt (gm/day)	Total fats (gm/day)	Trans fats (gm/day)
Adult male	2,320	290-348	6.0	39-78	2.6
Adult female	1,900	263-315	6.0	35-70	2.1
Children (10-12 yr)	2,100	238-285	6.0	32-64	2.3

CSE's findings

Sample	Total carbohydrate (gm/100gm)	Salt (gm/100 gm)	Total fats (gm/100 gm)	Trans fats (gm/100 gm)
POTATO CHIPS				
Uncle Chipps Spicy Treat	52.2	3.5	34.3	0.8
Lay's American Style Cream & Onion	56.9	1.2	33.1	0.9
Bingo, Oye Pudina	63.4	2.3	31.0	0.6
INDIAN SNACKS				
Haldiram's Aloo Bhujia	45.6	3.3	37.8	2.5
Kurkure Masala Munch	54.2	1.6	34.0	0.7
INSTANT NOODLES				
Masala Maggi	69.8	4.2	14.0	0.6
Top Ramen Super Noodles (Masala)	73.3	3.2	14.3	0.7
CARBONATED DRINKS				
Pepsi	14.0	0.0	0.0	0.0
Coca Cola	14.8	0.0	0.0	0.0
BURGERS				
McAloo Tikki (with cheese)	48.1	2.0	8.3	0.3
KFC's Veg Zinger (with cheese)	45.4	1.7	13.7	0.7
Nirula's Subz Burger (with cheese)	36.8	1.7	9.6	0.3
McChicken	37.6	1.1	10.7	0.4
KFC's Chicken Zinger	30.2	1.2	16.9	0.5
Nirula's Chicken Burger	31.0	1.2	12.2	0.3
PIZZA				
Pizza Hut's Margherita Pan	51.6	1.4	7.9	0.1
Domino's Margherita	43.7	0.6	6.3	0.1
Slice of Italy's Margherita Classic	55.6	1.0	7.0	0.1
FRIES				
McDonald's Fries	55.8	0.3	16.6	1.3
KFC's Fries	59.0	0.8	19.0	1.7
Nirula's French Fries	54.8	0.2	24.1	1.8
FRIED CHICKEN				
KFC's Hot and Crispy	14.0	0.9	23.4	0.7

Fatal combos

Companies serve most of the junk food in combinations. For children, they have "happy meals". To make it more alluring, they throw in an extra toy. After all, it's all about the image of a happy family. But what is it doing to your insides? Take a look



PHOTOGRAPHS: RISHABH MATHUR

Methodology: Internationally acceptable methods were used to estimate the level of fats, trans fats, salt and carbohydrate in the food. Total fats, trans fats and salt were estimated using method numbers 922.06, 996.06 and 937.09 respectively as provided by the Association of Official Analytical Chemists. Total carbohydrates were measured using the Anthrone method



BURGER

KFC's Chicken Zinger has 16.9% fats. McAlloo has 8.3% fats. How unbalanced diets are they is gauged from the fact that 35% of calories in a veg burger come from fats. In non-veg burgers 47% calories are from fats



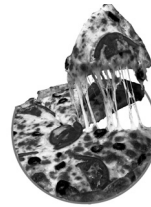
FRIED CHICKEN

Regular consumption of this product is likely to make one obese. A two-piece fried chicken of KFC (about 250gm) has nearly 60 gm of fats, which is recommended for the whole day



CARBONATED DRINKS

The 300 ml serving that one drinks with all kinds of junk food has enough sugar (over 40 gm) to exceed one's daily sugar quota of 20 gm. After this, forget the cup of tea, one should not even eat fruits. Any additional sugar will make one fat



PIZZA

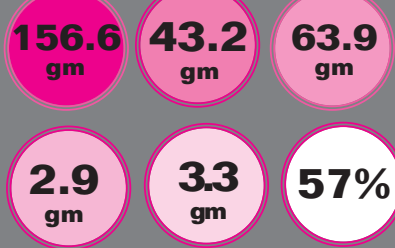
By far, pizzas were found to be healthy compared to the other junk foods tested. They have low levels of salt and fats; levels of trans fats were also low. CSE tested only the basic pizza. Those with extra cheese are more popular and might not be very safe

- Carbs
- Sugar
- Fats
- Trans fats
- Salt
- % of daily kilo calories need met

KFC MEAL



Contents:
1 Chicken Zinger burger + 1 piece of chicken (around 100 gm) + fries (100 gm) + carbonated drink (300 ml)



This meal will stuff you with fats and trans fats, and take care of 60-70% of your calorie requirement for the day

MCDONALD'S MEAL

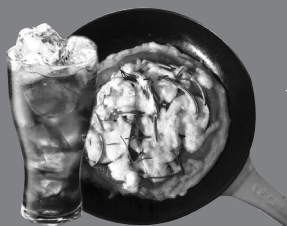


Contents:
1 McChicken (157 gm) + Fries (110 gm) + carbonated drink (300 ml)

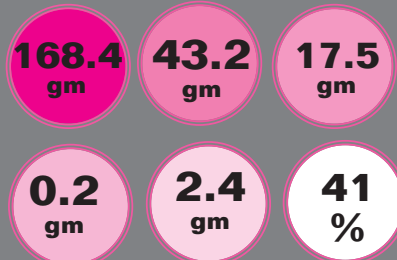


This meal will meet more than 50% of a child's calorie requirement for the day

PIZZA MEAL



Contents:
1 pizza (250 gm) + carbonated drink (300 ml)

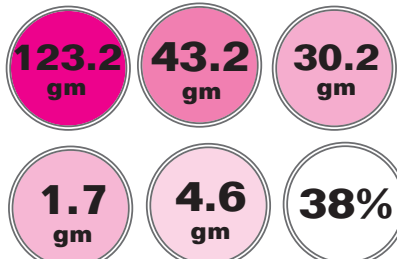


This meal might be fine as long as you do not order extra cheese or add cheesy side-dishes

COLLEGE MEAL



Contents:
Instant noodle (1 packet) + aloo bhujia (50 gm) + carbonated drink (300 ml)



The salt level in this meal is so high that it meets 75% of the daily recommended value

