



Think you can ID the healthiest choices at the food court? Think again. We have evidence that will stop you in your tracks

How Fattening Is Mall Food?

You've spent all day at the mall, consumed by your shopping list. Then hunger hits. You charge the food court, determined to stick to your diet. With so many choices, that can't be too difficult, right? Wrong. The healthy-looking food you reach for may cost you dearly—in calories, carbs and fat. How much? That was our question when we visited the Galleria mall in White Plains,

NY, in search of nutritious-looking meals. We bought 10 and sent them to be analyzed by New York City's Associated Analytical Laboratories Inc. Here's what we found...

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NUTRITION KNOW-HOW

DON'T BE SNOOKERED BY A SIGN

If it says vegetarian, low-fat or low-carb, it may still be loaded with calories.

BEWARE SAUCES & DRESSINGS They may have more calories than the meal.

EXERCISE PORTION CONTROL

Eat only half of a large serving.

WHEN IN DOUBT, ORDER PIZZA

A slice has about 500 calories.

SARKU JAPAN



CALORIES 920
GRAMS OF FAT 32.4
CARBS 105.8g

CHICKEN TERIYAKI

This certainly looked like a healthy choice, but the number of calories shocked me! Obviously the fried rice was a problem. And evidently the cabbage, carrots and broccoli were cooked in oil, because this meal had 32 grams of fat. If you really want this, order the rice on the side.

S B A R R O

Say no to low-carb



CALORIES 495
GRAMS OF FAT 18.3
CARBS 40.1g

CHEESE PIZZA

The cheese pizza didn't surprise me. A piece of pizza generally has about 500 calories. But the low-carb slice was smaller; it actually had more calories per ounce than regular pizza, plus more fat. It was a rip-off.



CALORIES 505
GRAMS OF FAT 13.6
CARBS 68.7g

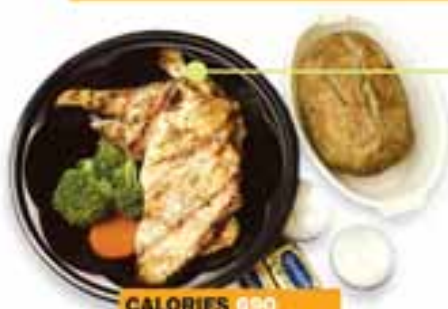


CALORIES 923
GRAMS OF FAT 34.4
CARBS 132.8g

BAKED ZITI

The ziti with garlic bread was loaded with carbs and calories. It also had lots of cheese, making it high in fat, as well. And the plate was filled to overflowing.

R A N C H * 1



CALORIES 690
GRAMS OF FAT 13.4
CARBS 72.2g

GRILLED CHICKEN

The calorie content of this meal didn't really shock me. The food was healthy. The only thing wrong with it was the portion size. It was enough for two meals. You'd be satisfied with half the chicken and half the potato with vegetables. Share that meal.



CALORIES 760
GRAMS OF FAT 60.4
CARBS 4.05g

CHICKEN CAESAR

Nothing wrong with the salad. It had only 285 calories, making it a good choice for any diet. But the two containers of salad dressing that came with it contained 475 more calories, for a total of 760.

M A N C H U W O K



CALORIES 670
GRAMS OF FAT 17.8
CARBS 106.9g

BEEF WITH BROCCOLI

The beef with broccoli came in at the lowest calorie count of the day; just 230. Why? It was made without much oil. But the fried rice contained an additional 440 calories, bringing the meal up to 670 calories. Beware starchy, fried side dishes.

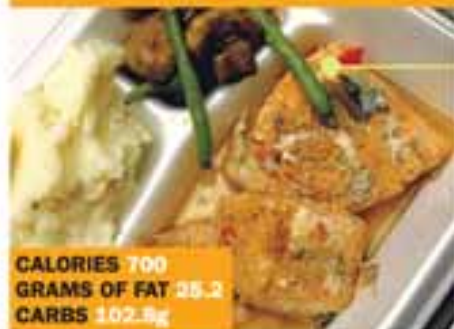


CALORIES 906
GRAMS OF FAT 25.1
CARBS 137.8g

GARDEN COMBO

Billed as "fresh from the farm," this platter was awash in grease and turned out to be one of the most fattening meals we tested. A better choice would be to forgo the egg roll and order brown rice instead of white.

M Y K I T C H E N



CALORIES 700
GRAMS OF FAT 25.2
CARBS 102.9g

BAKED SALMON

Salmon is a healthy fish, and mushrooms and green beans are low-calorie. So the mashed potatoes were the main culprit; this dish had 102g carbs, and salmon has no carbs. Also, the oil the salmon sat in didn't help.



CALORIES 430
GRAMS OF FAT 8.6
CARBS 72.8g

SPICY TUNA ROLL

Though these eight pieces of sushi had only 430 calories, this was more of a snack than a meal. Most people wouldn't eat this without having something else. Why so high? Spicy rolls contain mayo; sticky rice has a lot of calories.