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Calorie counts coming to restaurant menus

" Well, Americans eat and drink about a third of the calories outside of the home. What's the FDA is saying is that we really have no idea how many calories we're eating and drinking in these establishments, I mean, there's been examples of people who've been asked "how many calories are there in that salad and with a little bit of chicken?"

" you know, 300 calories", and it's like 1500, so we're way off and just to give people a certain measurement here 35000 calories translate to one pound of fat.

" it's very interesting because we were ordering lunch, it was yesterday up in the CBS and news executive producer Carly Mackenzie pulled up a and she noticed that what we are ordering from now puts the calorie counts on there, and she says basically the games change here."

" yeah I think it is a game changer , and you know did ask us one of the questions is *do people really care? Are they going to change their behavior?* And there was one study, a fast food restaurant and it turned out that only 15% of people reported actually paying attention to the calories, but in those 15% of people, they ended up buying about 160 calories fewer less in terms of the meal that they had."

" Do you say 106 calories, what's that?"

"100 calories a day for a year that's 10 pounds over a year."

" Some of us say that this is not all new necessarily. NYC has done out the question "does it work?"

" yeah and I think that's the big question. I mean if it turns out that you look at the menu... I mean what do you do at Starbucks? If you look at the menu and you say " well, I can get one of these for 400 or I can get the same thing for 200, are you going to end up getting 2 of the 200 and end up with the same number of calories? The people just gonna eat twice as much of calories than have half the amount, if you can do that maths..."

"Does that change the way people live?"

" it's got to! The bottom line here is we are eating so much food, so much more, many more calories than ever before. If you go and do this the next time you're at an Antique store, go in and ask them..."

if you go into an antique store saying " show me your dinner plate from 100 years ago, it looks like our dessert plate. We eat so much more our plates are bigger the food is bigger".