

## New York Times Letters to the Editor

Eating Too Much? Time to Pay the Price (3 Letters)

March 11, 2004 p. A28

To the Editor:

Re "Supersize, We Knew Thee Too Well" (Week in Review, March 7):

McDonald's announcement that it will phase out its "supersize" fries and drinks may be a step in the right direction, prompting other food giants to do the same.

But as a nutritionist who tracks trends in the increasing size of food portions, I would like to point out that a serving of the downsized 6.2-ounce "large" fries is exactly the same weight as a serving of "supersize" fries five years ago.

Regardless of whether it is called "large" or "supersize," that quantity is still excessive!

The "large" serving still contains 540 calories and 26 grams of fat. Not much of a difference in the scheme of things.

If McDonald's really wants to make a difference, it might consider selling only one size, the "small," the only size fries offered when the food giant first opened. The 2.4-ounce "small" contains 210 calories and 10 grams of fat.

Now, that would make a difference.

LISA R. YOUNG  
New York, March 7, 2004

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