



PRESS RELEASE

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‘State Fair Fun but Limit Fatty Fried Foods,’ warns Dietitian *One fried stick of butter has more fat than four Quarter Pounders with Cheese*

RICHMOND – The air’s crisp, the leaves will soon be changing colors and you can almost smell the fried Oreos and funnel cake – it’s time again for the **State of Fair of Virginia!** And while we all love the music, rides, games and racing pigs, Virginians might want to make sure they aren’t bringing home some extra pounds along with their stuffed animals and other souvenirs.

“Enjoy your day at the fair, but limit your overindulgence in fatty treats and share with a friend!” suggests Heidi Hertz, childhood obesity prevention coordinator for the [Virginia Foundation for Healthy Youth](#).

A registered dietitian, Hertz is available as an expert source for interviews about the calorie counts and nutritional content of the latest fried, diet-busting delicacies making the State Fair circuit this year, from old standards such as fried Oreos to new, artery-clogging treats like Butter-on-a-Stick -- *an entire deep-fried stick of butter coated in batter, cinnamon and glaze.* (This one showed up at the Iowa State Fair.)

For example, Hertz asks, did you know that **one fried stick of butter has more fat than four McDonald’s Quarter Pounders with Cheese and more calories than three slices of Pizza Hut’s Meat Lovers pizza?** One stick of butter has 800 calories and 90 grams of fat! Factoring in the batter, oil absorbed during the frying process and added glaze, **Butter-on-a-Stick contains more than 1,200 calories and 100 grams of fat!** That’s more than half the average adult’s daily caloric intake of 2,000 calories and it’s 160 percent of your daily fat dietary needs of 60 grams.

Here’s a look at some other Fair goodies:

- **Funnel cake (1):** 760 calories / 44 grams of fat
- **Fried Snickers (5 oz.):** 444 calories / 29 grams of fat
- **Fried Twinkie (2 oz.):** 420 calories / 34 grams of fat
- **Giant turkey leg:** 1,136 calories / 54 grams of fat
- **Fried Twinkie (2 oz.):** 420 calories / 34 grams of fat
- **Foot-long corn dog:** 475 calories / 25 grams of fat
- **Fried Oreos (1 cookie):** 98 calories / 5.8 grams of fat

Obesity remains the second leading cause of preventable deaths in the United States, behind tobacco use. More than 60 percent of Virginia adults are obese or overweight, and it is estimated that as many as one in three children in Virginia are also obese or overweight. Childhood obesity can lead to serious health problems once only seen in adults, including type 2 diabetes, heart disease and sleep apnea.

About the Virginia Foundation for Healthy Youth:

Established by the Virginia General Assembly, the **Virginia Foundation for Healthy Youth** is responsible for statewide efforts to prevent and reduce youth tobacco use and childhood obesity. Thanks to VFHY's efforts over the last decade, the number of high school smokers has dropped by about a third in Virginia and the number of middle school smokers has plummeted by more than 65 percent!

The Virginia Foundation for Healthy Youth directly reaches more than 120,000 children through classroom-based prevention programs in hundreds of public schools, after-school programs, community centers, daycares and prevention programs statewide. The Foundation's award-winning "Y do u think" marketing campaign delivers prevention messages to 600,000 children annually through TV and radio ads and Internet content. The Foundation is funded through a portion of Virginia's share of the 1998 Master Settlement Agreement (MSA).

For more information about the Virginia Foundation for Healthy Youth, please visit our website at www.vfhy.org.

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