

Movie Theater Madness

The Startling Truth About Popcorn

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It's Date Night, you're relaxed, cutting loose and having fun. But as you walk through the doors of the movie theater you are suddenly assaulted by that deliciously dreadful smell... movie theater popcorn. You know that one night's exception could be tomorrow's horror film. You feel the dread coming on as you realize your lack of preparation.

Just how detrimental is that tub of popcorn? On average a large tub of popcorn contains about 100 grams of fat! To put this in perspective, this is like downing three Big Macs during the course of your movie. And not to mention, you just consumed a day's worth of calories in two hours flat – about 1,300 calories to be exact.

What if your date offers to share? You'll eat less, so you'll be fine, right? Wrong. A study conducted at the University of Illinois actually revealed that people who were given a large bucket of

popcorn ate 50 percent more than those who were given a medium-sized bag – and the participants thought they had only eaten as much as those with a smaller bag! Beware the dangers of mindless eating. Popcorn in proximity plus Tom Cruise could equal Diet: Impossible.

So how do you avoid succumbing to the social pressures of movie snacking? The secret is planning.

Don't Go Hungry – Eat a well balanced, healthy meal beforehand. Lean protein, whole grains and vegetables will help you to stay full for several hours.

Downsize – If you must give into temptation, order a child's size popcorn without the extra butter. Getting a larger size may be more popcorn for your money, but remember more popcorn means more calories.

Bring Your Own Snacks – Bringing healthy alternatives from home helps you control both serving size and calorie amount. These snacks can

include bottled water or fruit juice, trail mix, 2-3 miniature chocolate bars, or air-popped popcorn (Though due to certain policies at some movie theaters you may have to prepare to face the wrath of a disgruntled employee if you get caught).

Don't let one night's slip-up become the next Rocky Horror Picture Show. Plan ahead. You deserve to be the sexy star of your romantic-comedy.

