

"Super Size Me" Reality Check

Morgan Spurlock did not eat "three meals a day" at McDonald's.

It's a hoax.

He really ate the equivalent of six or more meals every day, and snacked.

He forced down 5,000 or more calories every day.

His caloric intake was two-to-three times the recommended daily limits for adult males.

According to his own website, he spent \$8.75 per meal at McDonald's, not per day, but per meal!

\$8.75 at McDonald's is enough PER MEAL to feed a family of three.

Therefore, he spent \$26.26 every day to feed only himself at McDonald's.

He stopped exercising. On purpose.

He sent McDonald's an e-mail on March 21, 2003 praising the Golden Arches for its "leadership", its work to "create and deliver healthy alternatives to their customers" and how "McDonald's is committed to the healthy future of America".

Why weren't these facts, his own words -- included in his movie?

Many individuals, including journalists, have independently conducted real "30 day diets" at McDonald's — 90 meals, not the 180 or more that Mr. Spurlock consumed. These credible "30 day dieters" have gotten dramatically different and dramatically better results. That's because their 30 day diets stayed true to their premise — 3 meals a day — and included choice, variety, balance, physical activity and a healthy dose of personal responsibility.

\$26.26 a day can buy about 38 hamburgers a day at McDonald's.

"Super Size Me" is a SUPERSIZED HOAX.