# Troubling Treats

Purple-colored slush and other verboten victuals

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If you're the health-conscious type, you may not want to indulge in—even just one time—any of the following foods, all of which were winners in the Center for Science in the Public Interest's (CSPI) annual Xtreme Eating awards.

Among those winning dishes that "seem engineered to promote diabetes, obesity, heart disease and stroke," says Lindsay Moyer, a CSPI dietitian, are the following high-calorie meals: Sonic's RT 44 Grape Slush with Rainbow Candy, Uno Pizzeria & Grill's Whole Hog Burger, Applebee's Build Your Sampler meal, The Cheesecake Factory's Fried Chicken & Waffles Benedict, Dave & Buster's Short Rib & Cheesy Mac Stack, Buffalo Wild Wings' Dessert Nachos, Jersey Mike's Subs' Giant Chipotle Cheese Steak, Romano's Macaroni Grill's Cremini Pork Shank and Maggiano's Little Italy's Marco's Meal for Two.

Although they may be scrumptious, these meals combine ingredients that break records for the number of calories and amount of sodium, saturated fat and sugar anyone should have in one serving.

But if you just can't say no to fast food, follow these damage control techniques the CSPI suggests: Order from a "light" menu if available, skip appetizers, replace beef with grilled chicken or veggies, don't eat the buns and bring home half of your portion to enjoy the next day.

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