

"SUPER SIZE ME"

The Video

America has now become the fattest nation in the world...

- 100 million Americans are either overweight or obese: equals more than _____ percent of US adults.
- The fattest state in America is _____.
- Obesity is not the 2nd, next to smoking, major cause of preventable death in America: equals about _____ thousand deaths per year.
- 1 in 4 Americans visit a fast food restaurant every day.
- Worldwide: McDonalds has _____ "joints" and feeds 46 million people everyday.

MORGAN SPURLOCK: in the beginning...

- Saw 3 doctors: a cardiologist, gastroenterologist, & a general practioner. They concluded that his general health was _____.
- Also visited a dietian: she said that he weighed a "health weight for his height"
 - 1st Official Weigh-in = _____ lbs
 - Body Fat Content = _____ % body fat
- Above average in fitness group.

THE RULES:

Rule #1: Can only _____ when asked.

Rule #2: Can only eat food from McDonalds... including _____.

Rule #3: Has to eat everything on the menu at least _____.

Rule #4: Must eat _____ meals a day.

(His only exercise is walking to and from work)

DAY 2:

- How long did it take Morgan to eat his meal in the car?
- How did he feel during his meal and when he was done?

THE IMPACT

In the last _____ years we've seen a doubling of overweight and obese children and adolescents.

DAY 5/1st WEIGH-IN (Check-up with dietian)

- Average daily calorie intake = _____ per day.
- 1st weigh-in = _____ lbs (gained almost 5% of his body weight).

DAY 9

Explain how Morgan is feeling today:

NUTRITION

- Only half the McDonalds in Manhattan had _____ in the store.

2nd WEIGH-IN

- 2nd weigh-in = _____ lbs (gained 17 pounds in 12 days).
- What advice did his dietian give him?

DAY 18

- How does Morgan feel?
- Only _____ items on the McDonalds menu that do not contain sugar.
- 3rd weigh-in = _____ lbs.

AT THE DOCTORS OFFICE...

- Cholesterol: 165 – 225
- What did the doctor say about his liver?
- What was his doctors advice?

ADDICTION

- 72% of the people who eat McDonalds are “_____ users”.
- 22% of the people who eat McDonalds are “_____ users”.
- McDonalds uses addicting components.
- Out of 100 nutritionists, 45 said never to eat fast food.
- Americans spend 30 billion dollars on diet-related products.

DAY 21

- At 2:00am: how is Morgan feeling?
- What was his doctors advice to him?

LAST OFFICIAL WEIGH-IN

- Last weigh-in = _____ lbs

IN 30 DAYS...

- Gained _____ pounds.
- Lawsuit with the girls was dismissed.
- Cholesterol was up _____ points.
- Liver turned to _____.
- Body fat content went from 11% to _____ %.
- Doubled his risk of coronary heart disease.
- Was twice as likely to have heart failure.
- Was exhausted most of the time; mood swung on a dime.
- Craved the food more and had headaches when he didn't eat it.

Do the doctors think that his levels will return to normal?

How many pounds of sugar did he consume?

How many pounds of fat did he consume?

What is Morgan's advice to us about eating fast food?

What is the "Cheeseburger Bill"?