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Washington state food handlers card answers

Photo (c) sergign - FotoliaWashington Attorney General Bob Ferguson has asked the Supreme Court to agree on a decision against the Grocery Manufacturers Association (GMA), as well as the application of civil penalties. The request stems from a 2013 GMA, a Washington, D.C.-based food industry trade group that marshaled industry resources against the measure, saying it would lead to costs for consumers significantly. The ballot measure failed by a margin of 51-49%. Intentional subterfugeFerguson filed a complaint against GMA with a deliberate subterfuge in an attempt to get around the state's campaign finance laws. The attorney general also asked the court to open confidential GMA documents in the landmark case. The crux of this case is transparency, Ferguson said in a release. GMA deliberately protected public scrutiny of true identity companies that donated millions of dollars to this campaign - it was a flagged violation of state law. The original suit was filed in October 2013, a month before the election. In it, Ferguson charged that GMA violated Washington's campaign finance disclosure laws when it asked for and collected more than \$11 million from its membership company.

Defense of BrandsTa said that the money was then placed in a special Defense of Brands account and used against Initiative 522, making it an undisclosed true source of money. Ferguson calls it the largest political funding cover-up in the country's history. After the lawsuit was filed, GMA registered with the State Disclosure Commission and provided the co-author's details. Among the contributions it disclosed - \$1.6 million from PepsiCo, more than \$1 million from both Nestle and Coca-Cola, and more than \$500,000 from General Mills.With the case stuck in the courts, Ferguson has now filed a Motion for Summary court order under seal, according to existing defense orders in the case. This would give the court discretion over the disclosure of documents that GMA says contain confidential information. The motion asks the court to decide whether the case is in the state's favour. Ferguson won't stop there. The state's lawsuit also requires penalties in the case - penalties that may be significant. Under the law, Ferguson says the court can impose penalties for campaign finance disclosure violations, including a penalty equal to the amount not reported properly. If the court finds that the infringement was intentional, the penalty may be tripled. GMA, meanwhile, has filed a Cross Motion for Summary Verdict of its own, it asks the court to dismiss the state's case against the trade group, saying it is baseless. A hearing on the proposal is scheduled for Friday. Getty Images Health state by state guide 50 Fattiest Foods America. Find out if your home country is the fattiest, greasiest, most unhealthy food in the U.S. Credit: Getty Images Traditional American fare-like American waistline-seeking more than a little pudgy these days. While some states enjoy a healthier reputation than others (Yes, Colorado, we mean you), the state is completely guilt-free when it comes to dishes with huge portion sizes, super-high calorie counts, or sky-high fat content. So if you want to try some of these regional favorites for your next road trip, your best bet may be to reduce your share size. Advertising Advertising Credit: Kay Steiger With the second-highest obesity rate in the state-behind-only neighboring Mississippi-you'd expect to find some fattening culprits in the deeply fried bacon-loving south. And chef Kevin Layton of Greer's Market, Mobile, didn't disappoint with his bacon-wrapped meatloaf recipe. People ask about it weekly, he told WKRG News in 2008.Ingredients: Meatloaf made from ground beef, onion, peppers, celery, eggs, breadcrumbs and seasonings, then wrapped in bacon. Fat content: One 3-ounce serving of 80% lean meat is about 14 grams of fat. Each piece of bacon will cost you another 3 grams of fat. Credit: Donna Moore/Alaska Misadventures Blog Also Known as Eskimo Ice Cream, akutaq, (pronounced agoodik or agoooduk) is a classic native dish that is still popular today. Traditionally, women made a batch of frosty treats when men returned with a freshly slaughtered polar bear or seal. Today, modern versions are usually made with Crisco, but traditional recipes are called caribou, elk, bears, seals and fish for meat and fat. Ingredients: Reindeer fat, seal oil, splits, blackberries Fat content: It's hard to estimate without being known for serving the size of this native treat. But think about it: the average serving of reindeer fat packs a whopping 91 grams of fat. A different version of fish, berries and seal oil contains 9 grams of fat. Advertising Credit: Quadruple Detour Burger ® Grand Canyon Country takes celebrating fatty foods to a whole new level at Heart Attack Grill. Patrons weighing more than 350 pounds eat free. The quadruple detour burger-estimated some worth 8,000 calories-is at least refreshingly honest about its potential impact on your health. Ingredients: Four beef patties, eight slices of cheese, tomato, onion, sauce, on bunFat content: Four patties alone clock about 60 grams of fat, which is almost the upper limit of 65 grams that the USDA recommends for the average woman eating 2,000 calories a day. Credit: Dara Barfield's lunch is known for frying almost nothing. With a traditional southern fish fry, Arkansas catfish has an old standby. If you think this dish is often served with even With another lunch fried favorite, you can bet you're reeling quite a bit of fat with your fish. Ingredients: Catfish, cornflour, flour, eggs, spicesFat content: This dish is fried in the oven and still packs a whopping 25 grams of fat per serving. Credit: Casey Hussein Bisson of Golden State residents is known for her fit bodies, gym sculptor abs and love for the In-N-Out Burger. This West Coast drive-thru chain uses fresh ingredients, but its Double Double should also be known for its fat content, almost twice the fat McDonald's Double Cheeseburger.Ingredients: Two beef patties, salad, tomato, two slices of American cheese and spreadFat content: 41 grams. The McDonald's Double Cheeseburger contains a comparable reasonable 23 grams of fat. Advertising Advertising Credit: Kevin Dugan While this mountainous country is known for its healthy reputation—this is a country with the lowest obesity rates in the country—it's home to one of the most giant burritos of all time. Finishing one of Jack-N-Grill's 7-pound breakfast burritos is such a feat it was featured in an episode of Travel Channel's Man v. Food.Ingredients: 7 potatoes, 12 eggs, a pound of ham, whole onion, cheese and chilli. Fat content: A pound of ham and 12 eggs alone has nearly 100 grams of fat, almost twice a woman's upper daily fat limit, and it doesn't count as fat cheese and chilli. Credit: Pattie Tierney Man v. The food also performed at Doogie, a hot dog joint near Hartford. Being a local favorite in Connecticut, the hot dog is available in over 24 locations in Hartford alone. Doogie's has taken the diet-buster to a new level with its 2-foot-long hot dog smothered in half a pound of additional topping. Ingredients: 2-foot-long pork and beef hot dog, three rolls, onions, peppers, chilli, cheddar cheese sauce and baconFat content: The average foot-long hot dog sets you back about 24 grams of fat, 10 grams saturated. But it's double that plus it's bacon, chilli and cheddar cheese. Credit: Matthew Hoelscher First Country is known for a deep-fried pastry appetizer stuffed with crab meat and cheese, similar to the Chinese appetizer crab Rangoon.Ingredients: Recipes vary, but most includes cooked crab or imitation crab, cheddar cheese, mayonnaise, seasoning, and oil for frying. Fat content: Crab is a relatively low-fat price, but many recipes are heavy on butter and mayonnaise. One small puff can have anywhere from 3 grams of fat to 8 grams of fat, and richer recipes can pack as much as 20 grams of fat per serving. Advertising Credit: Istockphoto of South American influence in Floridian cuisine is impossible to dismiss. Empanadas are folded meat pies served across the country, but they are particularly popular in the southern part of the Sunshine State.Ingredients: Dough is made from lard. The filling is up to but can range from cheese to vegetables assorted meat. Fat content: Different recipes empanadas place them at about 10-22 grams of fat each. Depending on what you decide to put inside, empanada can slip around on a nutritional scale. However, since dough is usually made of lard, it is never a low-fat option. Credit: Marshall Astor's story behind Luther Burger is murky. But the general consensus is that this monster was invented in a suburban bar in Decatur, Ga., and named after R&B legend (and diabetic) Luther Vandross. In 2008, Paula Deen's food network took her one step further by stuffing her fried egg. Ingredients: Ground-beef patty, topped with cheese and bacon, between two doughnuts instead of bunFat content: two Krispy Kreme glazed doughnuts are worth 24 grams of fat and patty is still 16. Credit: mmm-yoso/Flickr Legend says the islands' comfort food dates back to 1949, when a group of hungry teenagers wanted the owner of Hilo's Lincoln Grill to whip up something cheap but filling. He reportedly threw together some white rice, beef patty and sauce that came to be known as Loco Moco.Ingredients: Today variations abound. The Great Island Cuisine Maui, Maui restaurant, has two hamburger patties, two eggs, three scoops of jasmine rice, plus onion, fish and a seed sauce. Fat content: Two hamburger patties at 32 grams of fat, two eggs have 10 grams of fat, and serving the seed dressing is about a gram of fat, all of which edge this dish near the daily recommended limit. Advertising Credit: Istockphoto Country known for its potatoes, residents tend to get creative with their spuds, often adding fatty toppings. Gem State is located at the headquarters of Litehouse Foods, a sauces,

sauces and marinades company. Dollop sour cream on top of baked potatoes looks like a good choice compared to Bacon Bleu Cheese sauce. Ingredients: Chunky blue cheese sauce, hickory smoked bacon Fat content: 2 tablespoons containing 16 grams of fat, about the same as the whole Burger King cheeseburger. Credit: Jeff Flowers Deep-dish pizza, native to Chicago, was born in 1943 at the original Pizzeria Uno's. Now a nationwide chain, the restaurant continues to serve deep dish pies, piled high. Guilty of one of the oldest tricks in the book, the restaurant markets pizzas as an individual size, but the pie should really serve three. This is a sure way to consume your fat and calorie intake. Fat content: One serving of Cheese & The Tomato deep dish has 40 grams of fat, 5 more than your recommended daily limit. Add toppings, such as sausage or pepperoni, and it can jump as high as 55 grams of fat per serving! Credit: Tim Schapker of Hoosier Country is known for its pork products and festival fare. But Evansville, Ind. hilltop Inn, until recently, was more famous for serving up a sandwich that comes from the days of waste-not German and Dutch settlers. After recent USDA regulations on the spread of mad cow disease, the restaurant created a pork-made version instead. Ingredients: Oil for frying, brain bun with pickles and onion Content: A 6-ounce scoop of beef brain batter fried at the Hilltop Inn packed with about 24 grams of fat. The pork version is estimated to be closer to about 18 grams. Advertising Credit: cborresen/Flickr in 2006, hot beef sundae made its debut at the Iowa State Fair. An artery-clogging play with the classic hot fudge sundae, this horror was marketed as a new twist on the old favorite. Ingredients: Mashed potatoes, roasted beef, beef sauce, cheddar cheese, tomatoFat content: After the Iowa State Fair recipe home dish through sundae about 28 grams of fat. Commercially made recipes may vary. Credit: Luis Ramirez Burnt's ends may not seem like a delicacy, but in the Kansas barbecue world, the charred ends of the sternum are held to the highest esteem. Ingredients: These crunchy cubes have greasy ends with grilled brisket. Fat content: Recipes vary from about 10 to 12 grams of fat per serving. Credit: Kenfager.com everyone buzzing about Double Down, the new bunless sandwich from KFC. Surprisingly, it's not the fattiest item that the Kentucky-based chain's menu-chicken pot pie takes on the cake-but it's definitely one of the worst. Ingredients: Two fried chicken fillets, bacon, peppercorn and Monterey jack cheese, special sauceFat content: 32 grams in one sandwich ad Credit: Alice Mao stapler lunch cafes are beignet, fried dough pastry especially associated with New Orleans. One of the most popular places to enjoy the beignet is Café Du Monde, a French market-style café in the Big Easy. There, fried puffs come covered in powdered sugar on order of three. Ingredients: Fried dough, powdered sugar: Recipes appreciate that Café du Monde-style beignets clock about 11 grams of fat, the same number as a McDonald's cheeseburger. Credit: Jonathan Edwards of New England is a bastion of fresh-and-healthy-seafood. But seafood restaurants are to blame for turning these powerhouses of heart-healthy fats into saturated fat delivery machines. Lobster roll, maine classic, piles majere and butter. Ingredients: Lobster meat, cucumber, mayonnaise, tarragon, scallops, salt, pepper, hot excavated bun, butterFat content: Recipes vary. Lobster roll at New England sandwich shop D'Angelo clocks in 22 grams of fat, while small new England pizza chain Papa Gino's averages about 34 grams. Credit: Jane Thomas in 2008, Old Line State adopted Smith Island Cake for its official national dessert. The cake gets its name from a remote island in the Chesapeake Bay, home to fewer 100 year-round residents, and another decadent treat became so popular the governor signed the cake into law. Ingredients: At least 10 layers of cake that can be made from scratch or packaged in a mixture, layers of chocolate icing withfat content: Most recipes have about 26 grams of fat per serving. Advertising Credit: Istockphoto Rumors are that Ruth Wakefield made the first chocolate chip cookies in 1937 for Boston-to-New-Bedford travelers who stayed at their home. Butter and sugar many recipes require is not a big problem; the sheer size of some modern versions can turn these worst treats around. Think of it as. The average weight of a commercially made cookie is about 12 grams. The weight of this version of fast food chain Carl's Jr. is 71 grams. Ingredients: Flour, baking soda, salt, butter, sugar, vanilla extract, eggs and chocolate chips or morselsFat content: 71-gram cookie Carl's Jr. packs a whopping 19 grams of fat and 10 grams of saturated fat. Credit: thisiswhyourefat.com Giant sandwiches can be found across the country, but the largest in the country can be found in Birch Run, Mich., at Tony I-75, as featured in the Travel Channel's Sandwich Paradise. There you will find the world's most artery-clogging BLT. Each contains over a kilo of bacon. Ingredients: Over 20 strips of bacon, lettuce, tomato, breadFat content: pound bacon watches have a whopping 192 grams of fat. It's about your cap over 3 days! Credit: Dairy Queen land in 10,000 lakes is also home to the headquarters of the waistline of the expanding chain Dairy Queen. While known for its ice cream concoctions-what doesn't take it as a simple fat content from the do-the-most shocking item on the menu is half a pound flameThrower GrillBurger.Ingredients: Half a pound of beef, special sauce, pepper jack cheese, jalapeño, bacon, tomato, salad, bunFat content: This behemo burgerth has 75 grams of fat and 26 grams of saturated fat, more than enough all day! About the same amount of fat you could have in 5 chain small chocolate shakes! Advertising Credit: Emma Thompson, the nation's highest obesity rate in the country, at 32.5%, has held this not-so-enviable title five years in a row. Decadent dining options, such as Mud Pie, rumored to be from Magnolia State, are certainly part of the problem. Ingredients: Some recipes require cream cheese, others ice cream, others pudding mix. But no matter how you look at it, this pie is a mash-up of chocolate, cream, butter and sugar. Fat content: The commercially prepared version of cosi, a national chain, registers 35 grams of fat per serving. Home varieties vary between 24 and 38 grams. Credit: Gregor Smith/Flickr known for its greasy spots such as goey or cake and fried ravioli, Missouri is also home to Hardee's (The East Coast and Midwestern burger chain is actually a North Carolina transplant, but is now called St. Louis in its home.) Concoctions like 2/3 Lb. Monster Thickburger lead the way with its greasy menu. Ingredients: Two 1/3 pounds of beef patties, 4 strips of bacon, 3 slices of American cheese, mayonnaise, sesame seed bunFat content: a melted 95 grams of fat and 36 grams of saturated fat-more than six times the fat regularly in Hardee's hamburger. Credit: Markus Ladstätter Fat Content May Not Be the Only Thing That Turns You Off to Eat This Northwestern Dish. Also known as prairie oysters or veal fries, Rocky Mountain Oysters are essentially french fries with calf testicles. Ingredients: Calf testicles, salt water or buttermilk, vegetable oil or lard content: Recipes vary, and it's hard to pin down nutritional information about the bull's sub-regions, but deep fried dough alone is worth at least 5 grams of fat. Advertising Credit: Frozenfoodjournal.com Christian Kent Nelson, a school teacher and candy shop owner in Iowa, invented Eskimo Pie in 1921, when a boy in his shop couldn't decide between an ice cream and a candy bar. But the name and success didn't come until Nelson traveled to Nebraska, where he met Russell Stover, a chocolate candy celebrity who helped him patent the idea and duplicate it with Eskimo Pie. The Americans have been selling ice cream treats ever since. Ingredients: Vanilla ice cream with nestle crunch chocolate coating: 13 grams per bar Credit: Getty Images Las Vegas is undoubtedly the country's capital over and overindulgence. And revelers too absorbed to stop and eat can eat the ubiquitous buffets. Sin City smorgasbords are believed to be the 1940s brain child of local publicist Herb McDonald.Ingredients: Almost anything you can imagine, all-you-can-eat quantitiesFat content: Studies show that patrons are likely to eat, wonder when they are full, and use larger plates in Buffet-style restaurants. Credit: Getty Images New England once again has committed a crime against the healthy properties of seafood. New England Clam Chowder is cream-based, adding a lot of fat and calories to this popular soup. Ingredients: Cream, water, potatoes, clams, salt, butter, spicesFat content: A 12-ounce serving in a nationwide chain of Panera Bread contains 34 grams of fat, about half your upper limit throughout the day and 20 grams of saturated fat. Advertising Credit: Mike Goldberg in 1997, Darrell W. Butler, then a sophomore at Rutgers University, decided he wanted to ram all his favorite guilty-pleasure foods into one health-defying sandwich. The result became Fat Darrell, a supersiz sandwich famously hungry? fat truck in New Brunswick, NJ Composition: Chicken fingers, mozzarella sticks, marinara sauce, french fries, salad, tomato, rollFat With two chicken fingers, two mozzarella sticks and fries, Fat Darrell is worth an estimated 45 grams of fat. Credit: Me So Hungry Food Blog/Jason Lam invented sometime in the early 1930s, Frito Pie has become a New Mexican staple. This dish was originally made of chili laddled onto a small bag of Fritos. Restaurants and street carts across the country have put their spin on less than a healthy snack, adding salad, tomato, cheese, jalapeños and more. Ingredients: Recipes vary, but most include Fritos corn chips, beef, beans, onion, cheddar cheese, salad, and tomato. Fat content: Depends on additives, but this version contains a whopping 46 grams of fat and 14 grams of saturated fat. Credit: Dan Dangler While New York-style cheesecake tops the list of fatty regional specialties, The Empire State is also home to garbage plates, potatoes, beans, meat, onion, mustard, and sauce that reportedly got its start in Rochester, N.C. diner Nick Tahou Hots in 1918.Ingredients: base home fries, macaroni salad, baked beans or fries, topped with a selection of meats (hamburger, cheeseburger, hot dog, sausage, delicate chicken, fish, fried ham) and soaked mustard, onion and sauce hot-all amounting to about 3 pounds of food! Fat content: While there is no official food analysis of various versions of garbage plates, estimates and homemade recipes clock anywhere from about 93 grams of fat per plate to an astonishing 203 grams, enough for more than three days. Advertising Credit: Adelyn Church livermushis dish at least 30% pork liver and a mixture of pig head parts and cornmeal. You can tell yuck, but locals have fallen head-over heels for a greasy price, even celebrating the annual Livermush Expo; put it in an omelet and pizzas; and dedicate facebook fan page. Ingredients: Pig tax, assorted other pork parts (usually greasy), cornflour, pepper, saltFat content: One popular recipe requires one liver and a pound and a half of fatty parts in six portions of a batch of livermush, making each serving worth about 30 grams of fat. Credit: Jimmy Emerson You can thank German immigrants for this local favorite, called Fleischkuechle, which is a meat patty smothered in fried dough packing. Ingredients: Recipes require eggs, flour, and sometimes buttermilk to make dough. The filling is made from beef, onion, salt and pepper. Fat content: A commercially made variety from Cloverdale Foods, a North Dakota meat company, contains 19 grams of fat in one serving size. Credit: Hot Pepper Dave founded in 1948 and now headquartered in Ohio, Bob Evans is a chain that operates in 19 states. Restaurants offer a giant breakfast piled in a biscuit bowl, like a bowl of sausage biscuits. Ingredients: Home fries, eggs, sausage sauce, sausage, cheddar cheese, scallops, margarine, bowlFat content: 61 grams of fat and 28 grams of saturated fat-almost the maximum recommended intake throughout the day. Advertising Credit: Kevin Brewer Although often associated with Texas, chicken fried steak is so beloved in neighboring Oklahoma that it was added to the official list of state foods in 1988. Pounded beef is battered and fried like chicken and served with smothered sauce. Ingredients: Beef, egg, milk, salt, pepper, flour. Recipes use additional ingredients such as buttermilk or chicken broth. Fat content: Recipes vary, but chicken fried steak, about 26 grams of fat, is likely to cost you. Credit: FoodCartsPortland.com Oregon isn't the only state to offer gigantic, heart-stopping burgers, especially an outrageous version-called Redonkadonk-can be found in BrunchBox, a popular food vendor shopping cart. Ingredients: Egg, ham, spam, bacon and American cheese beef patty, two grilled-cheese sandwiches with thicker-than-normal Texas Toast bread instead of bunFat content: It's hard to know how much each ingredient is used in the BrunchBox recipe, but count about 13 grams of fat beef patty, 5 grams of fat for each slice of cheese (remember, it's not only a burger, but grilled cheese muffins as well), 3 grams of fat slices of bacon and 15 grams of one portion of Spam. Credit: Patrick Deschere's most iconic food in Pennsylvania also happens to be one of the unhealthiest. What else would we think, but Philly cheese steak? Invented in the 1930s, the cheese steak is now recognized worldwide. Ingredients: Beef, cheese (often Cheeze Whiz) and onion long rollFat content: Recipes vary. Commercially prepared versions, such as the 6-inch Big Philly Cheesesteak on the Subway and Cheesesteak Sandwich at Nathan's, range from 18 to 45 grams of fat. Advertising Credit: Diane Tani in the late 1930s, when father-son team Anthony and Nicholas Stevens moved to Rhode Island from Greece, en route to Brooklyn, they opened a small restaurant in the Olneyville neighborhood of Providence. Popular fare, New York System Hot Wieners-is still a regional favorite, and is replicated by vendors and eateries across the country. Ingredients: Beef hot dog soaked in yellow mustard, onion, celery salt and ground beef sauceFat: 13 grams fat hot dog and 15 grams fat when serving ground beef. Plus, ground beef sauce is usually made with ultra-fatty shortening. Credit: Eugene Katz Ah yes, home turducken. This Thanksgiving feast consists of a turkey stuffed duck stuffed with chicken-almost heaven for those who like their meat side meat chased a bit of meat. The origin of this monstrous meal is mysterious, but the rumor is that the first turducken may have been assembled on a plantation in South Carolina.Ingredients: Turkey, chicken, often also contains stuffing, often made from cornbread and pork sausageFat content: Recipes vary greatly, with as little as 14 grams of fat in the commercially made version CajunGrocer.com, as much as 53 grams or even a whopping 118 grams of fat in various homemade versions. Credit: Navin Rajagopalan Frybreads exactly what it sounds like a non-greasy, doughy, fried treat. South Dakota named frybread the official state bread in 2005. But while it is common in Native American cuisine, frybread can also contribute to obesity-67% of Native Americans in the U.S. are overweight or obese. Ingredients: Ingredients vary, but generally recipes require white flour, salt, sugar and lard. Fat content: The U.S. Department of Agriculture estimated that one slice of frybread the size of a large paper plate is about 25 grams of fat. Advertising Credit: Flickr Ruby Tuesday dates back to 1972 near the University of Tennessee. This casual restaurant chain spread quickly-there are now more than 900 locations around the world- but the home base remains a volunteer country. It is known for its burgers; some, like the Triple Prime Bacon Cheddar Burger, are particularly greasy. Ingredients: 8 ounces beef, Cheddar cheese, apple tree smoked bacon, lettuce, tomato and mayonnaise. Even worse- all burgers are accompanied by endless fries that are not calculated with nutritional information. Fat content: a whopping 115 grams of fat, almost the limit of two days. Credit: Christy Robbins/neighborsgo.com a staple at the annual Texas State Fair, the corn dog was reportedly invented in Texas in 1942 by two brothers named Carl and Neil Fletcher (though the Minnesota State Fair says it all started in Minnesota the year before). Since then, texans have served up pretty much everything deep-fried, from Coke in 2006 to butter in 2009. The Fletcher family sells an estimated 500,000 each year at the Texas State Fair.Ingredients: Deep-fried hot dog cornflour coating: 19 grams, 4, from which comes from the dog cover Credit: Matt Armstrong If you think scone, you may not picture the Beehive state version. Closer to Native American frybread or New Mexican sopapillas, the Utah scone is essentially a fried dough that can be eaten alone with butter and honey, or used for a variety of sandwiches. Ingredients: Most recipes require yeast, water, sugar, eggs, salt, flour, oil for frying, and some contain buttermilkFat content: Recipes vary. Depending on whether it contains butter butter, scone can cost you between 6 and 8 grams of fat, but others may have about 10 grams of fat per scone. Advertising Credit: Derek Michel of renowned ice cream duo Ben and Jerry hail from Green Mountain State. While there are plenty of healthy twists in your sweet treats-like low-fat frozen yogurt and succulent sorbets-behemoth trumps all desserts. Ingredients: 20 scoops of ice cream, hot toffee, banana, biscuits, biscuits and other toppings of your choice Fat content: 20 scoops of ice cream alone clock between 120-400 grams of fat, depending on which flavors you choose. Let's hope Vermonster's client shares it with a very large crowd. Credit: Rebecca Sadler Known for Her State ham, Virginia takes her pork products seriously. Smithfield ham is defined by law as ham that is processed and treated in a certain way and only in Smithfield. While it's not the worst food for you in the whole country, ham isn't one of your healthiest options when choosing meat. Ingredients: Ham, salt, often sweet glazeFat content: serving ham is generally about 7-9 grams of fat. Credit: Michael Coté Loode is known for her healthy lifestyles. But even Washington hides some gluttonous secrets. Disguised as a healthy choice-it's called salad after all- Crab Louis salad is a popular dish that packs a surprising amount of fat, mostly because of mayonnaise-based sauce. Ingredients: Salad greens, tomato, hard boiled egg, celery, crab meat. Sauce: mayonnaise, chilli sauce or cocktail sauce, green peppers, sweet pickles, onions: Reduced-fat mayonnaise goes a long way, giving this dish a healthy makeover. Otherwise, it must be indulged between 15 and 25 grams of fat. Advertising Credit: Hill Billy Hot Dogs @ There's a reason chef Jamie Oliver chose Huntington, W.Va his eating makeover show jamie oliver's Food Revolution abc. More than 31% of the adult population qualifies as obese, Mountain State clocks at 3 in the list of fattest states. Huntington is home to Hillbilly Hotdogs and, among other things, monstrosities, a 5-pound burger (pictured), a 10-pound burger and a 15-inch hot dog. Ingredients: 10 pounds of beef, bread, two salad heads, two pounds of pickled cucumbers, three tomatoes, three onions, 25 slices of cheeseFat: 10 pounds of hamburger meat clock about 800 grams of fat. It's a full day of fat for more than 12 women without even reading cheese. Credit: Stephanie Pituc's by-product of the cheese making process, cheese curd is a Wisconsin staple. In many carnivals and fairs, and even in some fast-food restaurants, cheesecake can also be found in deep-fried cheesecake. Ingredients: Milk or beer, egg, flour, sugar, salt, baking power, cheese curds, oil for fryingFatty: Homemade recipes vary. A &AW restaurants make a version that contains 40 grams of fat in order, and Culver's has 38 grams of fat, and that's technically just half! Credit: Getty Images According to local lore, Sheep Eaters, a branch of Shoshone Native Americans, got their name from the number of bighorn sheep (native to mountainous Wyoming) they ate. Lamb's definitely not the worst meat you can eat, but this at the greasy end of the scale, if it is meat. Ingredients: Lamb chops and ribs are fatty cuts of meat. Fat content: A 3-ounce serving of lamb chop is about 12 grams of fat. Advertising Advertising

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