

5 Things You "Donut" Know About Donuts



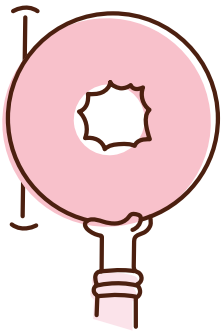
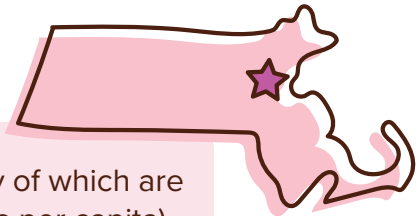
No. 1

The Salvation Army Donut Lassies were volunteers who made and delivered donuts to soldiers on the front lines of World War I. The first National Donut Day was celebrated in Chicago in 1938 to honor the volunteers.



No. 2

Over 10 billion donuts are made in the U.S. each year, many of which are made in **Boston, MA** (aka the city with the most donut shops per capita).



No. 3

The largest donut ever made was an American-style jelly donut weighing 1.7 tons. It was 16 feet in diameter and 16 inches high.



No. 4

The Guinness World Record for donut eating is held by **John Haight**, who consumed 29 donuts in just over 6 minutes.



Too bad he doesn't have the first name "Donut," which 13 people in the United States actually do!



No. 5

There are roughly 200 calories in the average donut.



Good News!

But, of course, none of these count on National Donut Day because you're **Doing The Most Good**®.

