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.

There are roughly 200 calories in the average donut.

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.

The world record for eating 55 glazed donuts in roughly 8 minutes is held by Joey Chestnut. Too bad he doesn’t have the first name “Donut,” which 13 people in the United States actually do!

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).

But, of course, none of these count on National Donut Day because you’re Doing the Most Good.®