

Report: Menus should provide calorie info

June 6 2006

A report prepared for the U.S. Food and Drug Administration recommends that restaurants include nutrition information on their menus.

"The Keystone Forum on Away-From-Home Foods: Opportunities for Preventing Weight Gain and Obesity" was the work of the Keystone Center, a non-profit group based in Pennsylvania.

About 65 percent of U.S. adults are now overweight and 30 percent are obese. As obesity has become more of a problem, the number of meals eaten away from home has also skyrocketed, and many nutritionists blame restaurants for portions that are too big and dishes that are heavy on fat, sugar and salt.

The report also called on restaurants to cut back on marketing for high-calorie items and to increase the number of healthy dishes.

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