

NYC considers new move to fight fat

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The New York City Board of Health is considering a move that will take some of the joy out of eating comfort food like tacos, pizza and French fries.

The plan involves requiring some of New York's 20,000 restaurants, including fast-food chains, to provide diners with information on menus about the caloric content of the food they're eating, The New York Times reports.

The panel also is considering a move to prohibit the city's restaurants from serving food containing more than a tiny amount of trans fat, considered by doctors and nutritionists to increase the risk of heart disease.

Health officials say the rules would apply only to restaurants with highly standardized menu items and portions that already make their caloric content available in some other format.

Popular chains like Dunkin' Donuts, Kentucky Fried Chicken and McDonald's would be among the 10 percent of city restaurants affected if the rules are adopted.

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