

Published based on [16 Restaurant Industry Secrets](#)

16 Restaurant Industry Secrets

This is a list of sixteen different sit down restaurants and what they are hiding. The sixteen restaurants include IHOP, Applebee's, Fuddruckers, Red Robin, Burger King, Panera Bread, T.G.I Fridays, and a lot more big chains you probably wouldn't expect were hiding anything.

What does the restaurant industry have to hide? A lot, apparently. A hidden force behind America's obesity epidemic is the fact that many chain restaurants—which provide one-third of all restaurant meals, according to the New York Department of Health—obfuscate the fat and calorie counts of their menu items, and fight any attempt to shed light on what, exactly, is going on between their buns and inside their taco shells.

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