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Scariest New Restaurant Foods

Most restaurant foods aren't very healthy and they are only getting worse. Here are five new dishes at some pretty well known food chains that you should try to avoid. Click on the link to find out the five new dishes to avoid and their nutritional information.

There's an arms race going on, and it could mean disaster for your waistline.

But this terrifying competition to build the biggest, scariest weapons of mass destruction isn't happening between the United States and Russia, or on the Korean peninsula, or among angry rivals somewhere in the Middle East. It's happening between America's restaurants—every one of them, it seems, is eager to show it has the biggest, scariest, most destructive new food in the marketplace. And the unsuspecting victims of this Strangelovian contest? You and me.

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