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Ten Worst and Best Foods

We all know that there are lots of bad foods out there packaged for easy consumption. You don't need a fancy list to know that a lot of fast food is bad and a lot of fresh food is good, but this is a nice side by side comparison I came across.

There are a few surprises on this list though. The number one item is something that a lot of people (including myself) would think was pretty healthy. A chicken pot pie complete with vegetables. Of course, when you look at the label, you find over 1000 calories and 24 grams of fat for this pot pie. The last item on the bad list is also surprising – ice cream from a popular ice cream parlor. It isn't surprising that ice cream is on the list, it is surprising that this ice cream snack has 1600 calories. If you had one meal of a pot pie and ice cream desert, you have already went over the amount of calories you are supposed to eat for the entire day by 600. I don't necessarily buy into calorie counting, but it is a relatively accurate guide to how healthy food is.

Check out the excerpt below to see the details on the ice cream snack then click the link at the bottom to check out the website this list came from.

Into the chocolate-dipped waffle bowl of a **Cold Stone Creamery Gotta Have It Founder's Favorite** goes, not just a 12-ounce, softball-sized mound of ice cream, but pecans, brownie pieces, fudge, and caramel. The tab: a startling 1,600 calories and 42 grams of saturated fat. That's roughly what you'd get if you polished off five single-scoop ice cream cones.

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