

Movie Theater Munchies



Chances are the last time you went to the movies; you bought something from the concession stand. Maybe you got a small popcorn and a small drink, or a box of Reese’s Pieces and a lemonade. Did you realize that both of those snacks pack over 600 calories each? Here is the low down on some of your favorite movie theater munchies and some tips to help you make movie night more figure friendly.

Candy

Twizzlers (6oz.)	600 Calories	M & M’s Peanut (5.3 oz.)	762 calories
Reese’s Pieces (8 oz.)	1160 calories	Raisinets (3.5 oz.)	380 calories
Junior Mints (4.8 oz.)	400 calories	Milk Duds (3 oz.)	340 calories
Skittles (6.75 oz.)	776 calories	Starburst(24 pieces)	480 calories
M & M’s Plain (5.3 oz.)	753 calories	Goobers (3.5 oz.)	525 calories

Drinks

Soda (18oz.)	218 calories	Lemonade (18 oz.)	248 calories
Soda (32oz.)	388 calories	Lemonade (32 oz.)	440 calories
Soda (44oz.)	534 calories	Lemonade (44oz.)	605 Calories

Popcorn

Small buttered (5 cups)	470 calories
Medium buttered (11 cups)	900 calories
Large buttered (20 cups)	1640 calories

Tips for a Lower Calorie Movie Experience

Cheaper by the Dozen? How many times have you been told by a concession stand worker that for a dollar more, you can get large popcorn or a super-sized soda? That might be true, but you will also double or even triple the calories, resist the urge!

Re-think your drink. Opt for diet soda instead of a regular or super-sized, super-sugary soda or Slurpee. Or, share a drink with someone...purchase one drink and ask for two cups.

Share a snack. If you want candy or popcorn, share it with someone. Your sweet tooth is satisfied, and you cut back on the calories.

Don’t have a meltdown! Instead of asking for extra melted butter on your popcorn, request no butter at all. Doing this will save you lots of calories.

Remember lots of these foods are available at more places than just the movies, so be sure to apply your calorie saving tips the next time you’re at the game, carnival, play, or fair!