Disney and New York City Push for Healthful Eating

Don't look for pictures of Mickey Mouse or Mr. Incredible on bags of potato chips or boxes of sugary cereal any more. And if you eat in a restaurant in New York City, soon you may see the number of calories for each meal listed on the menu.

Those are some of things that companies and cities are doing to help people eat more nutritious food and also lose weight. The Disney company, which has many popular cartoon characters like Mickey Mouse, said it will no longer allow its characters to appear on packages of junk food. Disney officials said they do not want to attract kids to food that is not healthful. They also plan to serve more healthful foods in their parks.

NEWS WORD BOX

companies   packages
calories   restaurant
characters   sugary

Another way cities and companies are trying to make food more healthful is by cutting out a type of fat from foods. Called *trans fats,* these fats are used in foods like cookies, doughnuts, and many fried foods. Trans fats help foods stay fresh longer and taste better. Eating too much trans fat, though, could cause heart disease, and most people do not know how much trans fat is in the food they eat.

New York City officials want restaurants to take almost all the trans fats out of the foods they prepare. They want restaurants to list how many calories are in menu items too. City health officials may vote on those ideas in December.

MORE FACTS ABOUT TRANS FATS AND HEALTHFUL EATING

- Food companies now have to list on packages the amount of trans fat in foods.
- Kentucky Fried Chicken officials said they are going to use new oils to cook their chicken. The new oils do not have trans fats in them.

THINK ABOUT THE NEWS

Some health experts say using popular cartoon characters to advertise junky foods is causing children to become overweight.
Tell why you agree or disagree with that.