

Kentucky

Fried

Coronary

Eating Trans-Fat Soaked Chicken from the Colonel's Bucket Could Kill You

Why does Colonel Sanders fry Kentucky Fried Chicken in partially hydrogenated oil, which is dangerously high in artery-clogging trans fat that causes heart disease?

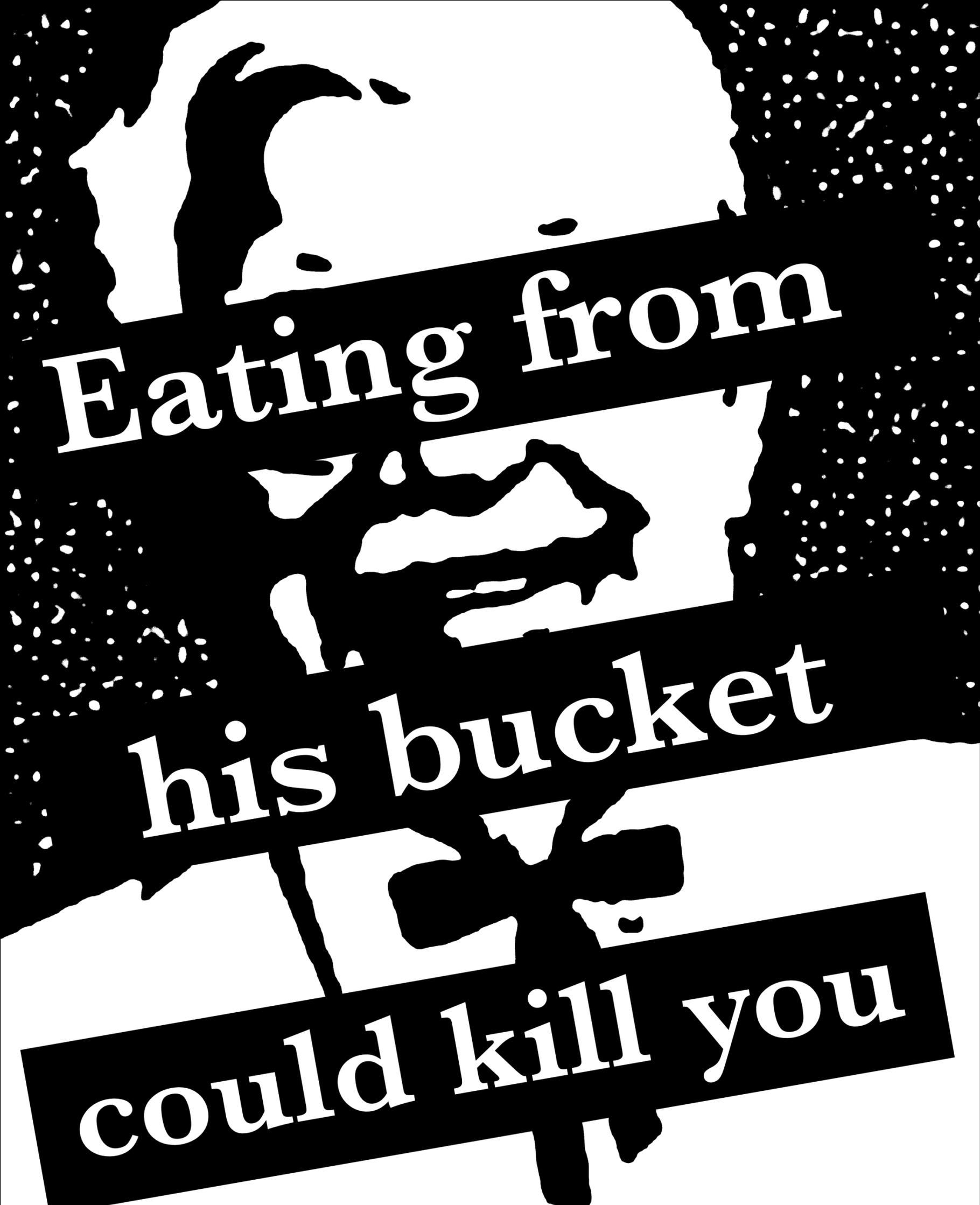
Maybe because he thinks it's just plain cheaper than using healthy, all-natural vegetable oils.

But cheaper *for whom?* Serious risk of heart disease is a pretty high price to pay for the hundreds of millions of KFC customers.



CENTER FOR
Science IN THE
Public Interest

Of course, fried chicken will never be a health food, but why fry your arteries extra crispy? Maybe it's time you quit eating from the Colonel's bucket . . . before you *kick* the bucket, too. Find out more at www.cspinet.org



Eating from

his bucket

could kill you

Don't Buy Yourself a Trans-Fat Induced Kentucky Fried Coronary

Why does Colonel Sanders fry Kentucky Fried Chicken in partially hydrogenated oil, which is dangerously high in artery-clogging trans fat that causes heart disease?

Maybe because he thinks it's just plain cheaper than using healthy, all-natural vegetable oils.

But cheaper *for whom?* Serious risk of heart disease is a pretty high price to pay for the hundreds of millions of KFC customers.



CENTER FOR
Science IN THE
Public Interest

Of course, fried chicken will never be a health food, but why fry your arteries extra crispy? Maybe it's time you quit eating from the Colonel's bucket . . . before you *kick* the bucket, too. Find out more at www.cspinet.org

