



Double thumbs down for 'burger

FAT WATCH: Dietician says KFC offering less than perfect

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TWO pieces of chicken breast, two slices of cheese, two rashers of bacon and sauce and a whole lot of saturated fat.

KFC's new bunless burger The Double Down is also the burger with the highest saturated fat on the fast-food chain's menu, according to Coolangatta dietician and author of Portion Perfection, Amanda Clark.

Ms Clark said the bunless burger had more protein than a regular KFC burger, but the zinger version of the burger had almost double the fat con-

tent compared to a regular zinger burger with a bun.

KFC has targeted the new bunless burger to appeal to young men who are left unsatisfied by traditional burgers.

"I am pleased it's not marketed at kids," Ms Clark said.

"The zinger Double Down has 35.7 grams of fat and 75% of your daily saturated fat intake.

"The original Double Down is quite reasonable for a lunch for a male by itself without chips at 22 grams of fat, but the zinger version is taking it too far."

KFC Australia's chief marketing officer Nikki Lawson said the burger was not a permanent menu option.

Ms Clark said the healthiest options in a fast-food restaurant included the products with the most colour.

For more information on weight management and nutrition visit www.greatideas.net.au.



CHEW THE FAT
The Zinger Double Down contains 35.7 grams of fat and 17.2 grams of saturated fat.

FAT ATTACK: Author of Portion Perfection and Coolangatta dietician Amanda Clark shows how much fat is in KFC's new