

News flash: Snacks at the theater concession stand are not good for you

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“We try to make them as healthy as possible,” says [Jose Mier](#). As healthy as sixteen inches of deep-fried dough, covered in sugar, and stuffed with caramel can be. That is to say, not healthy at all. Here are some ideas for making them healthier: Don’t coat them in sugar, don’t stuff them with Bavarian cream, and don’t deep-fry them. Or just get over the fact that churros aren’t healthy and stop pretending that they are. (I was tipped off to this article by [the always-entertaining Ken Levine](#).)

In related news, [whole wheat Krispy Kreme donuts are not health food](#).

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