

Re: Does instant coffee have cholesterol?

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Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2007-06/msg00055.html>

- *From:* "fyfpoon@xxxxxxxxx" <fyfpoon@xxxxxxxxx>
 - *Date:* Tue, 05 Jun 2007 00:18:51 -0700
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On May 23, 7:35 am, "Andrew B. Chung, MD/PhD"
<ach...@xxxxxxxxxxxxxxxxxxxxxx> wrote:

Don Kirkman wrote:

It seems to me I heard somewhere that Andrew B. Chung, MD/PhD wrote in
article <1179783450.708569.34...@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx>:

convicted neighbor Jeff wrote:

Andrew, in the Holy Spirit, boldly wrote:

convicted neighbor Jeff
wrote:

That's one
reason why,
when I go
to the
movies, I do
not buy
popcorn.
Even movie
theater
popcorn
without
butter has
many
hundreds of
calories
and lots of
fat.

Actually, plain popcorn
(even when popped at the

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movie theatre) does
not have "lots of fat."

A small popcorn has 20 grams of fat. At 9
cal. per gram, that is around
180 fat calories.

Not when it is air-popped:

<http://www.annecollins.com/dietary-fat/fat-popcorn.htm>

Do you have a directory to the theaters that air-pop their corn?

Here's one theatre chain that does:

<http://www.boxoffice.com/issues/may01/pine.html>

"In response to health-conscious customers concerned about the
cholesterol in regular popcorn, they put in vending machines that air-
pop a fresh, oil-free 8-oz. bag in one minute. "

Truth is simple.

Do people have to eat pop corn when watching movies? What do people
eat in other cultures while watching movies?

You remain in my prayers, dear neighbor Don whom I love
unconditionally.

Prayerfully in Jesus' awesome love,

Andrew <><

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Andrew B. Chung, MD/PhD<http://EmoryCardiology.com>

"Unlike the 2PD-OMER Approach, weight loss diets can't be combined
with well-balanced diets"<http://HeartMDPhD.com/Love/TheTruth-> Hide quoted text -

- Show quoted text -

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