

# Re: How is pizza fatning?

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*Source:* <http://sci.tech--archive.net/Archive/sci.med.nutrition/2005-07/msg00419.html>

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- *From:* "Cubit" <[no@xxxxxxx](mailto:no@xxxxxxx)>
  - *Date:* Mon, 11 Jul 2005 15:49:53 GMT
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When I was obese, I was surprised to find that eating an extra large pizza had no effect on my weight. However, a few bowls of regular sugary ice cream had quick results.

Of course, I was still under the illusion that short term weight changes can be informative.

The bottom line is calories.

<[amsdcj@xxxxxxxxxxxxx](mailto:amsdcj@xxxxxxxxxxxxx)> wrote in message  
[news:1120873345.995702.20630@xx](mailto:news:1120873345.995702.20630@xx)  
> I don't understand how a normal oven or pan fried pizza is fatning.  
> It's basically like a sandwich. It's got dough and water for the base,  
> then meat, and vegetables. What is the fatning part of it?  
>

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- *References:*
    - ◆ [How is pizza fatning?](#)  
◇ *From:* amsdcj
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