



## Cinnamon Buns and Scones Add More Than Just Sugar to Your Diet

Those giant pastries you find at food chains are nothing like the little rolls and scones that grandma use to make - or the ones mom baked from refrigerated dough. Today's popular bakery scones usually weigh 4 to 5 ounces, while cinnamon rolls can tip the scale anywhere from 4 to 8 ounces. That's 2 to 5 times the size of the traditional versions, although there has been some welcome reduction in the size of cinnamon rolls. But you still probably wouldn't guess that even without added butter, just one of these bakery scones might contain 410 to 520 calories and a whopping 14 to 27 grams of fat. Even a Quarter Pounder® can contain fewer calories and less fat than they do. And scones are nothing compared to cinnamon buns, which can range in calories from 320 to 730. Zooming sugar content accounts for the extra calories. Surprisingly, however, cinnamon buns can sometimes have a lower fat content than scones. The amounts range from a low 4 to a weighty 29 grams. Of course, if you're eyeing the cinnamon rolls with nuts, figure on a staggering 730 to 1100 calories, 29 to 56 grams of fat, and 3 to 4 tablespoons of sugar each. A health-wise plan is to enjoy any of these treats occasionally and look for "mini" portions. You could also split one with a friend or two. To maximize your enjoyment, eat slowly and savor every bite of these calorie-dense treats.

For more information on nutrition and a healthy diet, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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