

Blame your parents if fried foods make you fat

By **Michaeleen Doucleff**, NPR

When it comes to fried foods, sometimes I feel cursed.

My husband can eat as many spicy, crispy chicken sandwiches as he wants and never gain a pound. But for me, just smelling the chicken fryer seems to expand my waistline.

Now doctors at Harvard Medical School show what we've all suspected: Some people do indeed pay a higher price for indulging in French fries and Tater Tots. And we have mom and dad to blame for it.

French fries: There are probably other reasons besides acrylamide to avoid these tasty snacks.

People with higher genetic risk for obesity gain more weight when they eat fried foods than people with lower risk, a team from Harvard Medical School reported Tuesday in the British Medical Journal.

Read the whole story