Heart Attack Grill

By ACSH Staff — June 23, 2009

In an unabashed rejection of nanny-state diet micromanagement, a restaurant in Arizona called the Heart Attack Grill uses hospital themes to make light of eating the egregiously unhealthy food they serve.

Menu items include the quadruple bypass burger that tops out at about 8,000 calories, and unlimited flat-line fries. Customers called patients are even warned before entering that this place is bad for your health.

This is their form of rebellion against government intervention, says ACSH’s Dr. Elizabeth Whelan. These people are tired of being told what to do, and in some sense, they should be.

ACSH’s Dr. Gilbert Ross adds: Obviously we don’t think people should be eating unhealthy food all the time, and I would not advise anyone to even visit the Heart Attack Grill who needs that kind of temptation? But we do believe that in a well-balanced diet that will not promote obesity, there is room for so-called junk food, better termed fun food, every once in a while.