

What's in that March Madness food?

Just because it's March Madness doesn't mean you have to go crazy with food. Millions of Americans will be munching on potato chips, gooey dips, chicken wings and more – washing it down with beer and soda. But what's really in those foods? Take a look. It might make you switch to celery sticks and water.

- * Fast-food chicken wings have about 450 calories per serving (six wings) and 29 grams of fat.
- * Two ounces of potato chips have 318 calories and 22 grams of fat.
- * Twelve fluid ounces of regular beer has about 145 calories.
- * Twelve fluid ounces of regular soda has about 150 calories.
- * A typical Ranch-style dip has 70 calories per teaspoon.
- * One ounce of corn chips has about 150 calories.
- * A single-patty hamburger sandwich with condiments has about 500 calories and 27 grams of fat.
- * A slice of a 14-inch pepperoni pizza has about 300 calories and 12 grams of fat.
- * A slice of apple pie has about 450 calories and 24 grams of fat.
- * A slice of pecan pie has about 770 calories and 40 grams of fat.

Source: Online calorie counters.