Attack of the Killer Popcorn!

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Even the small-size tub of popcorn at many movie theaters can hold between 370 and 670 calories—and that's before you add the 100-plus calorie, buttery topping. Large portions weigh in at more than 1,000 cals before topping. HIV itself can raise your risk of diabetes and heart disease, making calorie-counting essential. So don't take this news with a grain of salt.

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http://beta.docker.poz.com/article/hiv-killer-popcorn-18201-8824