

September 10, 2013

Mr. Jim Hyatt, CEO
Cajun Operating Company
980 Hammond Drive
Suite 1100
Atlanta, GA 30328

Re: Church's harmful chicken products

Dear Mr. Hyatt:

Long after responsible restaurant companies, including KFC, McDonald's, Burger King, Starbucks, and others, reformulated their products without partially hydrogenated vegetable oil, Church's franchisees (who own a majority of Church's restaurants) continue to market products containing that ingredient. Partially hydrogenated oil is a problem because it is the source of artificial trans fat, a potent cause of heart disease. The presence of trans fat in your products persists even though a representative of your company told CSPI in May 2007 that it would switch to trans-free ingredients by the end of 2007 or early 2008.

Church's franchisees market chicken, fish, potatoes, and other foods that are made with partially hydrogenated oil. As a consequence, meals have as much as 17 grams of trans fat, with a boneless wings dinner having 13 grams.¹ (See enclosed spreadsheet.)

Because trans fat promotes heart disease, the American Heart Association recommends that people consume no more than 2 grams per day (including naturally occurring trans fat). In addition, the federal government's Dietary Guidelines for Americans recommends that people keep their consumption of trans fat "as low as possible." And the Food and Drug Administration required labeling of trans fat on packaged foods because that fat was causing many thousands of heart attack deaths annually. California, New York City, and numerous other local governments have banned trans fat from restaurants and bakeries. Indeed, Church's restaurants in those jurisdictions (as well as your company-owned outlets) do not use partially hydrogenated vegetable oil, demonstrating that *all* of your

¹ Many Church's meals are also unhealthy because they contain as much as 4,000 mg of sodium (more than most people should consume in two days) and 10 grams of saturated fat (half a day's worth).

restaurants could switch to healthier oils.

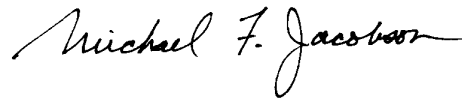
Most of Church's franchised restaurants, however, continue to fry foods in partially hydrogenated oil. Some of your meal offerings contain *eight times as much* trans fat as the American Heart Association recommends. Church's reckless marketing of such foods shows contempt for, and needlessly endangers, its customers.

In light of the foregoing, CSPI urges Cajun Operating Company to protect its customers' wellbeing by switching to healthier oils for *all* of your products in *all* of your restaurants.

If you wish, we would be pleased to talk to you to help resolve this problem.

Looking forward to hearing from you, I am,

Yours truly,

A handwritten signature in black ink that reads "Michael F. Jacobson". The signature is written in a cursive, flowing style.

Michael F. Jacobson, Ph.D.
Executive Director

Attachment

cc: Craig Prusher, Bonnie Warschauer, Jennifer Scott-Ward

Product Name	Serving Size (g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (g)
Original Wing	122	300	18	5	2.5	540
Original Leg	51	110	6	1.5	1	280
Original Thigh	120	330	23	6	3	680
Original Breast	96	200	11	3	1.5	440
Spicy Wing	164	430	27	7	4	1,020
Spicy Leg	71	180	11	3	2	470
Spicy Thigh	153	480	35	9	5	1,040
Spicy Breast	110	320	20	5	4	760
Texas Chicken (1/2 Chicken)	206	400	22	7	2	2,160
Tender Strips	54	120	6	1.5	1.5	440
Spicy Tender Strips	59	140	7	2	2	480
Boneless Wing- without sauce	28	80	5	1	2	160
Boneless Wing- with sauce	37	100	5	1	2	440
Original Chicken Sandwich	141	401	22	3.5	1	893
Spicy Chicken Sandwich	141	401	22	3.5	1	922
Chicken Sandwich with Cheese	152	500	26	7	1.5	1,460
Double Chicken N Cheese Sandwich	228	690	30	7.5	1	1,313
Big Tex Tender Sandwich	241	740	37	8	3	1,652
Chicken Fried Steak	150	470	28	7	2	1,620
Fish Fillet (1)	65	190	10	4	3	380
Livers (6)	270	840	42	9	0	1,200
Honey-Butter Biscuit	60	240	12	3	3	540
Mashed Potatoes & Gravy	170	110	2	0.5	0	780
Corn	92	140	3	0	0	15
Jalapeno Pepper	18	5	0	0	0	190
Cole Slaw	118	150	10	2	0	170
Okra	55	170	11	3	0.5	340
Collard Greens	170	35	0	0	0	240
Green Beans	116	35	0	0	0	360
Sweet Corn Nuggets (8)	100	240	7	1	0	520
French Fries	45	140	6	1	1	320
Jalapeno Cheese Bombers (4)	80	190	7	4	1	770
Cajun Rice	170	290	17	5	0	1,037
Baked Macaroni & Cheese	180	260	8	4	0	210
Apple Pie	88	260	10	3	0	250
Coke- small	624	200	0	0	0	10
Sprite-small	624	200	0	0	0	46

Meals
#1

Product Name	Serving Size (g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (g)
Original Leg	51	110	6	1.5	1	280
Original Thigh	120	330	23	6	3	680
Mashed Potatoes & Gravy	170	110	2	0.5	0	780
Honey-Butter Biscuit	60	240	12	3	3	540
Coke- small	624	200	0	0	0	10
Total	1025	990	43	11	7	2,290

Spicy Leg	71	180	11	3	2	470
Spicy Thigh	153	480	35	9	5	1,040
Mashed Potatoes & Gravy	170	110	2	0.5	0	780
Honey-Butter Biscuit	60	240	12	3	3	540
Coke- small	624	200	0	0	0	10
Total	1078	1,210	60	15.5	10	2,840

#2

Original Wing	122	300	18	5	2.5	540
Original Thigh	120	330	23	6	3	680
Original Breast	96	200	11	3	1.5	440
Mashed Potatoes & Gravy	170	110	2	0.5	0	780
Honey-Butter Biscuit	60	240	12	3	3	540
Coke- small	624	200	0	0	0	10
Total		1,380	66	17.5	10	2,990

Spicy Thigh	153	480	35	9	5	1,040
Spicy Breast	110	320	20	5	4	760
Mashed Potatoes & Gravy	170	110	2	0.5	0	780
Honey-Butter Biscuit	60	240	12	3	3	540
Coke- small	624	200	0	0	0	10
Total		1,350	69	17.5	12	3,130

4 piece meal

Spicy Wing	164	430	27	7	4	1,020
Spicy Wing	164	430	27	7	4	1,020
Spicy Thigh	153	480	35	9	5	1,040
Spicy Breast	110	320	20	5	4	760
French Fries	45	140	6	1	1	320
Honey-Butter Biscuit	60	240	12	3	3	540
Coke- small	624	200	0	0	0	10
Total		2,240	127	32	21	4,710

#3

Tender Strips (3)	162	360	18	4.5	4.5	1,320
Baked Macaroni & Cheese	180	260	8	4	0	210
Honey-Butter Biscuit	60	240	12	3	3	540

Product Name	Serving Size (g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (g)
Coke- small	624	200	0	0	0	10
Total	1026	1,060	38	11.5	7.5	2,080

Spicy Tender Strips (3)	177	420	21	6	6	1,440
Baked Macaroni & Cheese	180	260	8	4	0	210
Honey-Butter Biscuit	60	240	12	3	3	540
Coke- small	624	200	0	0	0	10
Total	1041	1,120	41	13	9	2,200

#4

Tender Strips (4)	216	480	24	6	6	1,760
Cole Slaw	118	150	10	2	0	170
Honey-Butter Biscuit	60	240	12	3	3	540
Coke- small	624	200	0	0	0	10
Total	1018	1,070	46	11	9	2,480

Spicy Tender Strips (4)	236	560	28	8	8	1,920
Cole Slaw	118	150	10	2	0	170
Honey-Butter Biscuit	60	240	12	3	3	540
Coke- small	624	200	0	0	0	10
Total	1038	1,150	50	13	11	2,640

#5

Big Tex Tender Sandwich	241	740	37	8	3	1,652
Okra	55	170	11	3	0.5	340
Coke- small	624	200	0	0	0	10
Total	920	1,110	48	11	3.5	2,002

#6

Boneless Wing- with sauce (6)	222	600	30	6	12	2,640
French Fries	45	140	6	1	1	320
Coke- small	624	200	0	0	0	10
Total	891	940	36	7	13	2,970

#7

Original Chicken Sandwich	141	401	22	3.5	1	893
French Fries	45	140	6	1	1	320
Coke- small	624	200	0	0	0	10
Total	810	741	28	4.5	2	1,223

Spicy Chicken Sandwich	141	401	22	3.5	1	922
French Fries	45	140	6	1	1	320
Coke- small	624	200	0	0	0	10
Total	810	741	28	4.5	2	1,252

Product Name	Serving Size (g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (g)
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#8

Double Chicken N Cheese Sandwich	228	690	30	7.5	1	1,313
French Fries	45	140	6	1	1	320
Coke- small	624	200	0	0	0	10
Total	897	1,030	36	8.5	2	1,643