

5 Things You Donut Know About Donuts



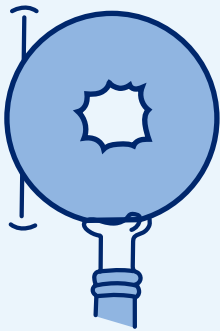
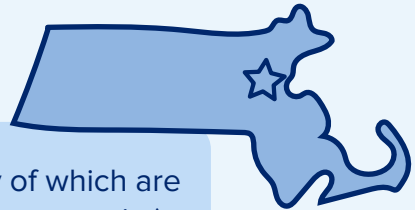
No. 1

The Salvation Army Donut Lassies were volunteers who made and delivered donuts to soldiers on the front lines of World War I. The first National Donut Day was celebrated in Chicago in 1938 to honor the volunteers.



No. 2

Over 10 billion donuts are made in the U.S. each year, many of which are made in **Boston, MA** (aka the city with the most donut shops per capita).



No. 3

The largest donut ever made was an American-style jelly donut weighing **1.7 tons**. It was **16 feet** in diameter and **16 inches** high.



No. 4

The world record for eating **55 glazed donuts** in roughly 8 minutes is held by **Joey Chestnut**.



Too bad he doesn't have the first name "Donut," which **13 people** in the United States actually do!



No. 5

There are roughly **200 calories** in the average donut.

Good News!

But, of course, none of these count on National Donut Day because you're **Doing the Most Good.**®

