



Maybe it's the all-you-can-eat buffets aboard, but according to the U.S. Coast Guard, cruise passengers today weigh an average of 185 pounds. That's 25 pounds heavier than those who sailed in the late 1980s.

This may seem to be just a problem for the passengers' health, but the USCG report says it has more consequences. Larger ships with thousands of passengers may sail with 100,000 pounds of extra weight, affecting fuel costs.

Additionally, there are legal limits to the weight ships can carry, which cuts the number of paying passengers allowed on each cruise. To meet expenses and profit expectations, booking charges have to be increased.

So, if your bathroom scales show an extra 25 pounds or more, and you want to go to sea, consider knocking off the extra weight. Then maybe you can proudly call yourself a biggest cruiser loser.