The donut shop. No stats on donut shops specifically—but if we take the donut shop as a symbol of high-fat, high-sugar, low-nutrient eating, it contributes to approximately 678,000 deaths a year in the US. Those are usually from heart disease, cancer, and type 2 diabetes.

Flu. Influenza and its complications kill 3,000–49,000 people a year in the US. The best protection is the annual flu shot.

Norovirus. Around 70,000 people with noroviruses (which cause diarrhea and vomiting) are hospitalized in the US every year, and up to 800 die. Globally, the death rate is far higher.

Mononucleosis (mono). On the rare occasions that mono is fatal, death is usually caused by a ruptured spleen.

Athlete’s foot. When we searched for mortality data, the internet laughed at us. Fine. This fungus can spread and cause jock itch, though. Just saying.

Sources: Journal of the American Medical Association, 2013; Emerging Infectious Diseases, 2013; Centers for Disease Control and Prevention.