



Starbucks®



Pizza Hut®

Drinks, grande (16 oz.) w/whole milk

Caffè Latte	130
Caffè Mocha w/whip	290
Caffè Mocha w/o whip	230
Cappuccino	80
Caramel Macchiato	190
Iced Caffè Latte	90
Iced Caffè Mocha w/whip	290
Iced Caffè Mocha w/o whip	230
Iced White Chocolate Mocha w/whip	420

Drinks, grande (16 oz.) w/sweetened milk

Caffè Latte	130
Caffè Mocha w/whip	290
Caffè Mocha w/o whip	230
Cappuccino	80
Caramel Macchiato	190
Iced Caffè Latte	90
Iced Caffè Mocha w/whip	290
Iced Caffè Mocha w/o whip	230
Iced White Chocolate Mocha w/whip	420

Frappuccinos®, grande (16 oz.), blended

Caramel w/whip	380
Caramel w/o whip	270
Cinnamon Dolce, light	140
Espresso, light	110
Mocha w/whip	340
Mocha w/o whip	260

Frappuccinos®, grande (16 oz.), blended

Strawberries & Cream w/whip	130
Strawberries & Cream w/o whip	110
Vanilla Bean w/whip	420
Vanilla Bean w/o whip	350

EAT-SMART POCKET GUIDES™



NUTRITION GUIDE

Helps you make heart-healthy choices by giving calorie, fat, sodium, cholesterol, carb and fiber counts for over 1,000 items from today's most popular restaurants.

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
12	6	0	35	820	2
14	6	0	35	740	2
14	8	0	40	890	2
15	6	0	35	740	2

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
4.5	2	0	20	100	2

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
4	1.5	0	10	400	2

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
24	10	0	60	1250	2

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
17	10	0	60	1170	2

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
6	12	0.5	20	1570	2

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
5	7	0	35	900	2

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
9	7	0	35	850	2

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
1	8	0	45	1060	2

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
6	0	35	860	28	1

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
5	0	25	820	29	2

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
4	0	25	750	31	1

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
8	0	40	920	29	3

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
8	0	40	890	28	2

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
4.5	0	20	770	29	3

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
4.5	0	20	690	28	2

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
4	0	20	710	30	2

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
1.5	0	0	140	18	1

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
0	0	8	440	12	2

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
1.5	0	0	200	24	1

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
2	0	65	500	1	0

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
15	0.5	85	1240	25	4

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
12	0.5	70	1420	20	3

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
2	0.5	65	1540	48	3

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
1	0.5	70	1250	24	4

Calories	Total Fat (g)	Sodium (mg)	Total Cholesterol (mg)	Total Carb (g)	Fiber (g)
5	1	805	1670	45	5

Personalization appears on back

Nutrition Guide To Fast Foods

Tanya Lee,Tanya Lee Sheehan



Nutrition Guide To Fast Foods:

Fast Food Stephanie Watson,2008-01-15 Children eat five times more fast food today than they did in 1970 according to one medical research group Every day one out of every three young people ages four to nineteen eats fast food This captivating book provides an overview of why eating fast food can be unhealthy and why eating too much fast food can contribute to being overweight and lead to other health problems The book includes a description of fast food how it is prepared and served the healthy and unhealthy ingredients in many fast foods and suggestions for healthy daily diets The Fast Food Diet Stephen T. Sinatra,Jim Punkre,2008-05-02 Lose weight eating at McDonald s Burger King KFC and Wendy s Yes it s possible and this book shows you how Dr Steve Sinatra is one of the top preventive cardiologists in America In The Fast Food Diet he shows readers how to eat smarter and more nutritiously at any fast food establishment in America so they will actually become healthier as they lose weight What a brilliant strategy and practical approach BARRY SEARS bestselling author of The Zone We re a nation on the go and we re gaining weight at alarming levels Chances are you realize you should lose weight and eat healthier foods but when you re hungry and hurried all too often you choose the drive through over a healthy home cooked meal This breakthrough guide presents a practical real world solution that teaches you how to make healthier fast food choices and save hundreds of calories per meal without giving up the delicious taste and convenience of fast foods In addition to tips for dining guilt free at all types of fast food restaurants The Fast Food Diet includes A Six Week Fast Food Diet Eating Plan that lets you choose among 150 meal selections for breakfast lunch dinner and snacks from more than fifty of the most popular fast food chains Valuable tips for business travelers holiday revelers and kids who are fast food junkies Advice on eating well at food courts sit down restaurants airports and convenience stores Recipes for nutritious home cooked meals you can prepare in 15 minutes or less If you cut just 500 calories from your meals every day you ll lose a pound a week That s 50 pounds a year and The Fast Food Diet makes it easy *The Stop & Go Fast Food Nutrition Guide* Steven G. Aldana,2007 The Stop Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you The guide uses the colors of the stop light red yellow and green to help individuals choose foods that lead toward or away from good health The Stop Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you With the help of a nationally recognized panel of nutrition experts Dr Aldana has color coded almost 3 500 fast foods from 68 different restaurants Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones Keep the guide in your glove box for easy access *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center (U.S.),1976 **Nutritional Guide to Fast Foods** Robert Haas,1982-01-01 **Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information Center (U.S.),1977 Over 400 entries to audiovisual materials received by FNIC before 1977 Includes motion pictures slides

flashcards videocassettes charts filmstrips records posters transparencies film loops phonodiscs audiotapes games audiocassettes kits puzzles and models Entry gives accession number bibliographical information FNIC call number descriptors and abstract Subject author title and media indexes Contains loan information *The Dental Hygienist's Guide to Nutritional Care E-Book* Lisa F. Mallonee, Linda Boyd, Cynthia A. Stegeman, 2024-07-19 Selected for 2025 Doody's Core Titles in Dental Hygiene Auxiliaries Learn how to apply nutritional principles to promote optimal patient care The Dental Hygienist's Guide to Nutritional Care 6th Edition explains how teaching proper nutrition can improve oral and systemic health Case studies and clear full color photos and illustrations provide a basis for assessing diagnosing planning implementing and evaluating the care of patients In addition a solid foundation in nutrition prepares you for the subject's increased emphasis on the NBDHE examination NEW Incorporation of the latest federal nutrition standards and initiatives includes Healthy People 2030 and the 2020 Dietary Guidelines for Americans Clinically relevant applications to dental hygiene include a focus on patient education and dental hygiene considerations Vitamin and mineral content is presented based on the oral effects of micronutrients Case studies and Health Applications in each chapter demonstrate how nutrition concepts can be applied to specific patient situations Robust practice opportunities allow you to test your comprehension and apply what you've learned Key terms are highlighted in each chapter and defined in the glossary *Fitness Food Cookbook and Inspirational Nutrition Guide* Tanya Lee, Tanya Lee Sheehan, 2005-12 Hundreds of one dish one serving meals that are under 15 minutes to prepare Fitness model and yoga practitioner Tanya Lee Sheehan presents her newest publication FITNESS FOOD where science meets nature In this book Tanya has developed a system of defining meals not only by calories protein carbohydrates fat and fiber BUT ALSO by the approximate element energies of earth water fire and air This book contains the best eating habits from ancient metaphysicians to fitness professionals and combines it with a love of life and awareness of the environment A massive collection of simple convenient healthy meals There isn't a fitness athlete out there who wouldn't get their money's worth Oxygen Magazine book review **The Dental Hygienist's Guide to Nutritional Care - E-Book** Cynthia A. Stegeman, Judi Ratliff Davis, 2014-02-03 NEW information on relevant cultural issues such as Pros and cons of popular high protein diets Vitamin D deficiency in the United States Vitamin mineral supplements Information on bottled water energy drinks and sports drinks UPDATED content addresses the newly released MyPyramid dietary guidelines FULL COLOR design better illustrates concepts especially the effects vitamin deficiency can have on the oral cavity **The Navy Seal Nutrition Guide** Patricia A. Deuster, 1996-06 One factor they may contribute to a person's success in SEAL training is nutritional interventions Covers micronutrients vitamins carbohydrate fat vitamin fiber fluid replacement water healthy snacking restaurants fast foods nutritional considerations for endurance activities strength training mission performance mission recovery ergogenic agents Extensive appendices

Whispering the Techniques of Language: An Psychological Journey through **Nutrition Guide To Fast Foods**

In a digitally-driven earth wherever displays reign great and quick transmission drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within words frequently get unheard. Yet, nestled within the pages of **Nutrition Guide To Fast Foods** a interesting fictional treasure pulsing with fresh thoughts, lies a fantastic journey waiting to be undertaken. Published by an experienced wordsmith, that enchanting opus encourages viewers on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the very fabric of each word. Within the psychological depths of the touching review, we shall embark upon a heartfelt exploration of the book is key styles, dissect their charming publishing design, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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