



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 Choc. Mocha w/whip	420

**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 Choc. Mocha w/whip	420

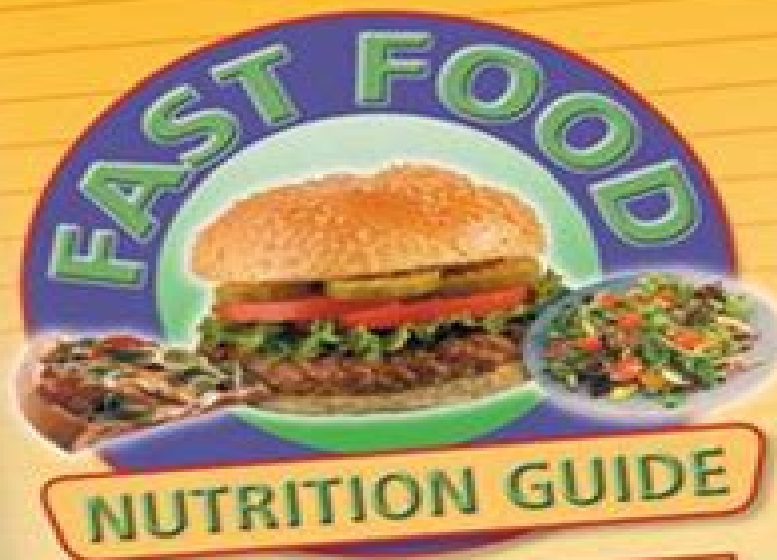
**Frappuccinos®, grande (16 oz.), blended**

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	170
Strawberries & Cream w/o whip	140
Vanilla Bean w/whip	420
Vanilla Bean w/o whip	350

**EAT-SMART POCKET GUIDES™**



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 Carb (g)	Fiber (g)
12	6	0	35	820
14	6	0	35	740
14	8	0	40	890
15	6	0	35	740

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

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

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

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

Calories	Total Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)
6	12	0.5	30	1570

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

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

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

Calories	Total Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)
6	0	35	850	28

Calories	Total Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)
5	0	35	800	33

Calories	Total Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)
4	0	35	750	31

Calories	Total Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)
8	0	40	900	38

Calories	Total Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)
8	0	40	890	38

Calories	Total Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)
4.5	0	20	770	38

Calories	Total Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)
4.5	0	20	690	38

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

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

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

Calories	Total Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)
1.5	0	0	200	26

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

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

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

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

Calories	Total Fat (g)	Sodium (mg)	Total Carb (g)	Fiber (g)
1	0.5	70	1250	34

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

**Personalization appears on back**

# **Nutrition Guide To Fast Foods**

**Food and Nutrition Information Center  
(U.S.)**



## **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 Nutritional Guide to Fast Foods Robert Haas, 1982-01-01 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 Nutrition Labeling and Information: Representatives of fast food companies and restaurants ... USDA-FDA; and representatives from commodity and trade associations United States. Congress. Senate. Committee on Agriculture, Nutrition, and Forestry. Subcommittee on Nutrition, 1978 **Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition

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Deuster,1996-06 One factor they may contribute to a person s success in SEAL training is nutritional interventions Covers  
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Extensive appendices      **The Dental Hygienist's Guide to Nutritional Care E-Book** Lisa F. Mallonee,Linda  
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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      *Audiovisual Guide to the Catalog of the Food and Nutrition Information and  
Educational Materials Center* Food and Nutrition Information Center (U.S.),1977      **Fast Food Facts** Marion J. Franz,1987  
Abstract A reference booklet for dietitians food analysts the general public and food and nutrition professionals concerned  
with public health and patient care provides tabulated data on the nutrient composition of a wide variety of convenience  
foods offered by 27 different fast food US fast food restaurants together with the number and types of equivalent food  
exchanges for each of the fast foods Nutrient data provided per serving cover caloric carbohydrate protein fat and sodium  
content for each food offering Certain fast foods also are designated as not recommended for use or for only occasional use  
Introductory information is included on the consumption and sales volume of US fast foods the nutritional risk of routine  
consumption of fast foods and how such risk can be reduced nutritional fast food selections guidelines for diabetics and the  
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(U.S.),1975      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 Moms' Guide to Meal Makeovers Janice Bissex, Liz Weiss, 2008-12-10 For the legions of harried moms who have tossed in the dishtowel on cooking healthy meals or any meals the easiest ever guide for bringing super nutrition back to the kitchen Getting dinner on the table night after night can be a challenge So it s no surprise that busy moms often rely on fast food takeout and convenience meals like macaroni cheese chicken nuggets and fries The kids love it but the drawback is that little twinge of guilt moms feel every time they feed their family another not so healthy meal At the end of the day many children end up with a poor diet high in sugar saturated fat and calories a major factor in the rising rates of obesity Finally here are realistic guidelines designed to give families a healthy meal makeover The Moms lay out a 5 Step Meal Makeover Plan explaining how to market good nutrition to kids establish food rules and make life easier in the kitchen In The Best of the Bunch chapter they reveal which brands of kid convenience foods hot dogs frozen pizza and more are the best tasting and most nutritious ones out there The Moms show how to stock a healthy pantry and whip up delicious anytime meals using pantry staples They even serve up 120 reworked recipes for family favorites such as Fast as Boxed Macaroni Cheese Squishy Squash Lasagna Cheesy Broccoli Soup Sweet Potato Fries and Chocolate Pudding with Toppers     **The Vegetarian Sports Nutrition Guide** Lisa Dorfman, 2008-04-21 Exercise train and compete at your best on a vegetarian diet Few segments of the population are more mindful of their food intake than athletes and vegetarians This book combines the unique demands of sports with a healthy vegetarian diet that can help you build energy and endurance and reduce body fat Whether you are carbo loading before a marathon or fine tuning nutrition to get the most out of your workout registered dietitian and elite vegetarian athlete Lisa Dorfman provides step by step information on how to customize your own sport specific nutrition program and calculate a personal dietary plan for training The Vegetarian Sports Nutrition Guide includes personal stories of athletes who have made the switch to vegetarian diets from football players and wrestlers to ice skaters and marathoners some of whom have beaten life threatening illnesses with the help of this lifestyle Lisa Dorfman provides a rich array of tasty and diverse vegetarian recipes menus easy to use charts and food guides for vegetarians of all types from the semi vegetarian to the fruitarian She also shares the training secrets of seventeen Olympic and world class athletes who have used their vegetarian diets to achieve peak performance in their careers and optimum health in their lives     **Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975** Food and Nutrition Information and Educational Materials Center (U.S.), 1975     **Food and Nutrition Information Guide** Paula Szilard, 1987 English language reference sources on human nutrition dietetics food science and technology and related subjects e g food service Materials

older than 10 years and works on animal nutrition are included only if useful in the area of human nutrition Contains 936 references Author title subject indexes Catalog. Supplement Food and Nutrition Information and Educational Materials Center (U.S.),1976 *Eat Well & Keep Moving* Lilian W. Y. Cheung,2007 This curriculum programme is for teachers of children in the nine to 10 years group It shows how to instruct students about nutrition and fitness and how to get support from school catering staff fellow teachers and community members

## Reviewing **Nutrition Guide To Fast Foods**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Nutrition Guide To Fast Foods**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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### **Nutrition Guide To Fast Foods Introduction**

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