



Starbucks®



Pizza Hut®

Calories Tot Fat Tot Carb Tot Protein Cholesterol Sodium Carbs Fiber

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

Caffè Latte
Caffè Mocha w/whip
Caffè Mocha w/o whip
Cappuccino
Caramel Macchiato
Iced Caffè Latte
Iced Caffè Mocha w/whip
Iced Caffè Mocha w/o whip
Iced White Choc. Mocha w/whip

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

Caffè Latte
Caffè Mocha w/whip
Caffè Mocha w/o whip
Cappuccino
Caramel Macchiato
Iced Caffè Latte
Iced Caffè Mocha w/whip
Iced Caffè Mocha w/o whip
Iced White Choc. Mocha w/whip

Frappuccinos®, grande (16 oz.), blended

Caramel w/whip
Caramel w/o whip
Cinnamon Dolce, light
Espresso, light
Mocha w/whip
Mocha w/o whip

Frappuccinos®, grande (16 oz.), blended

Strawberries & Cream w/whip
Strawberries & Cream w/o whip
Vanilla Bean w/whip
Vanilla Bean w/o whip

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 Tot Fat Tot Carb Tot Protein Cholesterol Sodium Carbs Fiber

12	6	0	35	820	58	2
14	6	0	35	740	57	2
14	8	0	40	890	58	2
15	6	0	35	740	29	1

4.5	2	0	20	100	24	2
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4	1.5	0	30	400	24	2
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24	10	0	60	1250	58	2
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17	10	0	60	1170	57	2
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6	12	0.5	30	1570	58	2
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5	7	0	35	900	57	2
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9	7	0	35	850	57	2
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1	8	0	45	1060	59	2
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6	0	35	860	58	1
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5	0	35	820	59	2
---	---	----	-----	----	---

4	0	35	750	55	1
---	---	----	-----	----	---

8	0	40	900	59	3
---	---	----	-----	----	---

8	0	40	890	58	2
---	---	----	-----	----	---

4.5	0	20	770	59	3
-----	---	----	-----	----	---

4.5	0	20	690	58	2
-----	---	----	-----	----	---

4	0	20	710	50	2
---	---	----	-----	----	---

1.5	0	0	140	18	1
-----	---	---	-----	----	---

0	0	8	440	12	2
---	---	---	-----	----	---

1.5	0	0	200	26	1
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2	0	65	500	1	0
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15	0.5	85	1740	75	4
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12	0.5	70	1420	70	3
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2	0.5	65	1540	68	3
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1	0.5	70	1750	74	4
---	-----	----	------	----	---

5	1	805	1670	45	5
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Nutrition Guide To Fast Foods

Stephanie Watson



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 NutriBase Guide to Fast-Food Nutrition 2nd ed.* NutriBase, 2001-11-12 This handy pocket reference fits nicely into a briefcase or purse and will help anyone make smart choices while eating on the run Includes more than sixty five chains in alphabetical order

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 **Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition Information Center (U.S.), 1976 **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 [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 [Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center \(U.S.\)](#), 1975 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index **The Ultimate Weight Solution Food Guide** Phillip C. McGraw, Phil McGraw, 2004 A companion volume to The Ultimate Weight Solution offers advice on strategies for eating out portion size calorie count pantry stocking and supplements and meal replacements [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 Dental Hygienist's Guide to Nutritional Care E-Book** Lisa F. Mallonee, Linda Boyd, Cynthia A. Stegeman, 2024-07-19 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 [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 nutritional value of considering the indicated food exchanges

Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information and Educational Materials Center (U.S.),1973 **Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975** National Agricultural Library (U.S.),1975

The American Dietetic Association's Complete Food and Nutrition Guide The American Dietetic Association (ADA),Roberta Larson Duyff,1998-05-20 A lifetime of sound advice on healthful eating from the world's foremost authority on food and nutrition Thoughts about eating are changing The focus has moved from dieting and losing weight to healthful overall eating habits to help you feel good live well and prevent disease With so much new information coming from so many different sources eating right can be confusing but it doesn't have to be This comprehensive book from The American Dietetic Association explains everything you need to know about what you eat allowing you to enjoy your favorite foods and maximize nutrition The American Dietetic Association's Complete Food Nutrition Guide Provides Quick Access to Nutrition Information for the Whole Family Including What you need to know about vitamins minerals and antioxidants Low fat fast food and restaurant tips Healthful vegetarian eating Nutrition for disease prevention Why dieting doesn't work and what does Meeting the unique nutrition needs of women children teens and seniors How to decipher health claims in the headlines Top nutrition tips for sports and exercise How to protect against foodborne illness And much more Also included are recently updated recommendations for certain vitamins and minerals the USDA Dietary Guidelines for Americans kitchen nutrition tips self assessment quizzes and an expanded index With nearly 70 000 members The American Dietetic Association is the largest organization of food and nutrition professionals in the world Named one of Ladies Home Journal's Top Health Books of 1996 Winner of a 1997 Health Information Award A must for everyone's kitchen The Oregonian Jam packed with practical eating and food safety tips USA Today Intelligent advice about sensible eating Washington Times May be the ultimate healthy eating primer Fitness Magazine

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 Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center Food and Nutrition Information Center (U.S.),1977

DEVELOPMENT OF FAST-FOOD INDUSTRIES AND ATTITUDE OF CUSTOMERS TOWARDS FAST-FOOD

CULTURE Dr P. DEIVANAI, *Prevention's Food and Nutrition Guide* Prevention Magazine Editors,1996 Our diet has a profound effect on how we feel Yet many people don t know what they should eat to feel their best The editors of Prevention magazine have compiled the ultimate guide to eating for health with advice on planning a nutrition program fighting fatigue and more Plus it explains which 101 foods you shouldn t live without

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