



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™



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	70	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	35	820	29	2

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

Robert Haas



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

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 [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

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Material Center 1973-1975 National Agricultural Library (U.S.),1975 **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 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

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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

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

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

Nutrition in Public Health Sari Edelstein, 2010-10-22 Health Sciences Professions

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

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