



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
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Iced Caffè Mocha w/o whip	230
Iced White Choc. Mocha w/whip	420

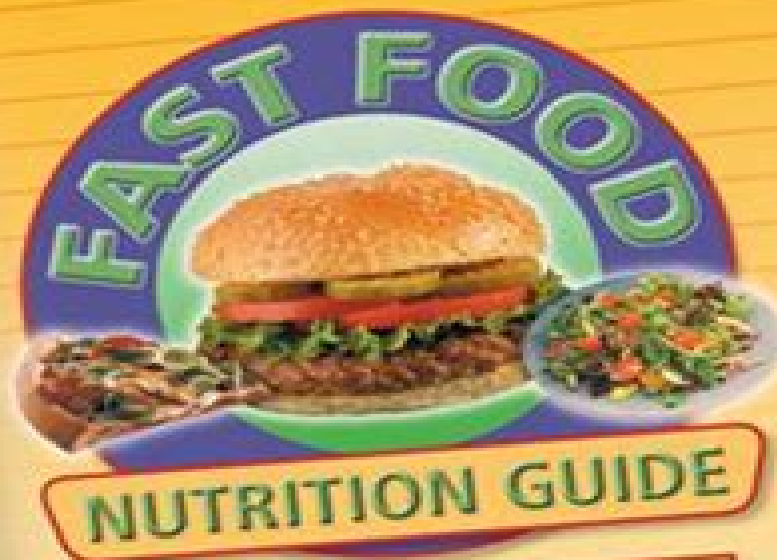
Frappuccinos®, grande (16 oz.), blended

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 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

4.5	2	0	20	100	2
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4	1.5	0	10	400	2
---	-----	---	----	-----	---

24	10	0	60	1250	2
----	----	---	----	------	---

17	10	0	60	1170	2
----	----	---	----	------	---

6	12	0.5	20	1570	2
---	----	-----	----	------	---

5	7	0	35	900	2
---	---	---	----	-----	---

9	7	0	35	850	2
---	---	---	----	-----	---

1	8	0	45	1060	2
---	---	---	----	------	---

6	0	35	860	28	1
---	---	----	-----	----	---

5	0	35	820	28	2
---	---	----	-----	----	---

4	0	35	750	31	1
---	---	----	-----	----	---

8	0	40	920	28	3
---	---	----	-----	----	---

8	0	40	890	28	2
---	---	----	-----	----	---

4.5	0	20	770	28	3
-----	---	----	-----	----	---

4.5	0	20	690	28	2
-----	---	----	-----	----	---

4	0	20	710	30	2
---	---	----	-----	----	---

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

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

1.5	0	0	200	26	1
-----	---	---	-----	----	---

2	0	65	500	1	0
---	---	----	-----	---	---

15	0.5	85	1240	25	4
----	-----	----	------	----	---

12	0.5	70	1420	20	3
----	-----	----	------	----	---

2	0.5	65	1540	48	3
---	-----	----	------	----	---

1	0.5	70	1250	24	4
---	-----	----	------	----	---

5	1	805	1670	45	5
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Nutrition Guide To Fast Foods

Paula Szilard



Nutrition Guide To Fast Foods:

Nutrition Guide To Fast Foods Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Nutrition Guide To Fast Foods**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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