

Jamie Pope, M.S., R.D., and Martin Katahn, Ph.D.  
Authors of THE **T-Factor** FAT GRAM COUNTER

**The**

# **LOW-FAT**


**Fast Food Guide**

**HOW TO EAT RIGHT  
WHEN YOU'RE  
EATING OUT**

Includes all major fast food  
and family restaurant chains

# Low Fat Fast Food Guide

**Jodie Shield, M.Ed., R.D, Mary  
Catherine Mullen, M.S., R.D**



## **Low Fat Fast Food Guide:**

The Low-Fat Fast Food Guide Jamie Pope, Jamie Pope-Cordle, Martin Katahn, 1993 On the basis of careful nutritional analysis of the menus of every national chain of restaurants the authors of the runaway bestseller *The T Factor* Fat Gram Counter have come up with recommendations that will allow readers to have a satisfying meal and keep within the guidelines of the T Factor Diet and the American Heart Association

### **Savoring Smart: A Guide to Healthy Fast Food Choices**

Pasquale De Marco, 2025-07-19 In a world where convenience often trumps health *Savoring Smart: A Guide to Healthy Fast Food Choices* emerges as a beacon of hope guiding you through the treacherous waters of fast food indulgence This comprehensive guidebook unveils the secrets of making informed choices and cultivating mindful eating habits transforming your fast food experiences into guilt free pleasures Within these pages you ll embark on a culinary journey uncovering the art of decoding nutrition labels navigating restaurant menus like a pro and mastering the delicate balance of portion control We ll delve into the intricacies of building balanced meals that incorporate essential food groups ensuring that every fast food meal nourishes your body and soul From salads and sandwiches to burgers and chicken we ll explore the vast array of fast food options uncovering the healthiest choices within each category We ll learn to navigate the world of toppings dressings and sides making informed decisions that align with our health goals But our exploration doesn t stop there We ll venture beyond the realm of traditional fast food fare venturing into the hidden treasures of vegetarian vegan and gluten free options catering to the unique dietary needs of individuals with food allergies or special dietary preferences Our journey doesn t end with menu recommendations We ll delve into the realm of mindful eating exploring the powerful connection between our thoughts emotions and eating habits We ll uncover the secrets of mindful eating practices learning to savor each bite appreciate the flavors and cultivate a healthy relationship with food *Savoring Smart: A Guide to Healthy Fast Food Choices* is more than just a guidebook it s an invitation to transform your fast food experiences into opportunities for nourishment well being and mindful enjoyment Join us on this culinary adventure and discover the art of eating smart living well and savoring every moment of your fast food journey If you like this book write a review

The Gi Diet Shopping and Eating Out Pocket Guide Rick Gallop, 2012-04-24 The must have companion to Rick Gallop s bestselling *The Gi Diet* and *Living the Gi Diet* has now been completely revised and updated to make shopping and eating out the Gi Diet way even easier Comprehensive Gi food listings are neatly organised by supermarket aisle and sorted into Rick Gallop s familiar easy to use unique Gi red amber and green lists so you can make informed choices as you fill you basket And with invaluable section on eating out both at lunchtime and in the evening whether your choice is fast food take away or Italian Indian Greek or Chinese you can enjoy life without compromising your diet Packed with sound advice that you would expect from Rick Gallop s internationally bestselling and critically acclaimed Gi Diet series *The Gi Diet Shopping and Eating Out Pocket Guide* fits neatly into your bag and your life

*The Low-fat Good Food Cookbook* Martin Katahn, Terri Katahn, 1994 In each of the recipes the total fat

saturated fat cholesterol calorie sodium and fiber content are cited so that no matter what your dietary concerns you can tailor a meal to fit them Also included are chapters on meatless meals and tofu

**The American Dietetic Association Guide to Healthy Eating for Kids** Jodie Shield, M.Ed., R.D, Mary Catherine Mullen, M.S., R.D, 2007-08-17 What your kids should eat to get a real nutritional edge This is a book every parent can use and appreciate Julie O Sullivan Maillet PhD RD President American Dietetic Association Does your grade schooler ever trade away his lunch Does she only pick at her dinner at home or complain she doesn't like what's set before her The grade school years are nutritionally a very important time for children and getting your child to eat healthy and make smart choices can be a challenge Written with the full support of the American Dietetic Association the American Dietetic Association Guide to Healthy Eating for Kids arms you with practical skills to make sure your kids are eating right even when they're not under your roof Jodie Shield and Mary Catherine Mullen are mothers as well as registered dietitians with more than twenty years of professional experience in childhood nutrition Their five star system offers hands on advice on how to turn eating dilemmas into fun nutritionally educational opportunities Whether your child is a breakfast skipper an unreasonable eater a lunch trader or even a snackaholic you'll find fast real life solutions for transforming eating habits including Banishing brown bag boredom Secrets of successful family meals Smart snacks for hungry kids The top nutrition mistakes parents make Fueling your grade schooler for fitness The principles of menu planning Breakfast basics for busy families Teaching smart nutrition to your young athlete Developing a gold star feeding relationship with your child Offering delicious recipes your child won't be able to resist this timely reference gives you all the nutrition knowledge you need to teach your child how to eat smart now and for the rest of his or her life

*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      *A Fundamental Guide for a Healthy Lifestyle and Nutrition* Ugur Gogus Ph. D,2011-02 All scientific claims indicate one result that food and nutrition is an integral part of medicine while medicine can not show its curing potential without a correct and complementary food and nutrition A blood thinning anticoagulant drug when combined with too much blood thinning food consumption can increase the risk of internal bleeding risk and may be fatal Bergamottin in grapefruit can inhibit the activity of liver enzymes and can cause the accumulation of radio and chemotherapeutic agents in blood which can increase the side effects of such anti carcinogen treatments Similarly fibers which are introduced as healthy food components with their weight loosing and cancer protecting effects may bind some important nutrients which may result in immunodeficiency and chronic fatigue Omega 3 fatty acids as the healthiest fat options may even be fatal during ventricular tachycardia I have tried to inform the reader that there is no a completely healthy or a completely harmful food while there are some beneficial foods for some diseases and disorders I strongly believe that you will be able to enhance the curing potential of the traditional medicine with the correct food nutrition and life style for each disease which is carefully and scientifically analysed in the book Dr Ugur Gogus      **GMAT Official Guide 2018: Book + Online** GMAC (Graduate Management Admission Council),2017-06-08 The definitive guide from the makers of the GMAT exam The GMAT Official Guide 2018 is the definitive guide from the Graduate Management Admission Council the makers of the GMAT exam It contains over 900 real GMAT questions from past exams including 130 never before seen questions plus the following features An overview of the exam to help you get familiar with the content and format Detailed answer explanations that explain how the test maker thinks about a question Actual essay topics sample responses and scoring information Comprehensive grammar and math review Questions organized in order of difficulty from easiest to hardest to focus your study Access to the same questions plus additional integrated reasoning questions online at [gmat.wiley.com](http://gmat.wiley.com) where you can build your own practice sets Don t waste time practicing on fake GMAT questions Optimize your study time with the GMAT Official Guide 2018 using real questions from actual past exams      [The Official Guide for GMAT Review 2017 with Online Question Bank and Exclusive Video](#) GMAC (Graduate Management Admission Council),2016-09-06 The Official Guide for GMAT Review 2017 9781119347620 was previously published as The Official Guide for GMAT Review 2017 9781119253884 Errors were found in the original printing that have been corrected in subsequent printings Otherwise all other content in both 2017 versions is identical If you have already purchased a copy of the original The Official Guide for GMAT Review 2017 9781119253884 you can access an errata correction document as well as additional information at <http://wileyactual.com/gmat> The premier GMAT review guide for fully personalized preparation The Official Guide for GMAT Review 2017 is the ultimate preparation kit from the makers of the GMAT exam You ll find success strategies and test taking tips from the experts at The Graduate Management Admission Council along with in depth grammar and math review but you ll also find so much more This book is designed to provide you with a targeted preparation

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**American Dietetic Association Guide to Eating Right When You Have Diabetes** Maggie Powers, MS, RD, CDE,2008-04-21 The definitive guide to eating well and staying healthy with diabetes Nutrition is pivotal to diabetes care This book is a terrific tool for managing diabetes through good nutrition It s a guide you can use every day a treasure chest of advice on how to eat healthfully Richard M Bergenstal MD Executive Director International Diabetes Center Minneapolis Minnesota From the American Dietetic Association comes this authoritative guide to choosing foods to control your blood sugar and maintain an active healthy lifestyle It provides the must know basics of daily diabetes care from designing a food plan and preventing low blood glucose levels to losing weight and carbohydrate counting so you can personalize diabetes and food decisions to fit your needs You ll see how to manage blood fat levels and blood pressure an important part of diabetes care and gain invaluable insight into making healthy food choices and planning tasty meals You ll also find tips on reducing sugar and fat in foods quick and easy meal ideas and a special section on prevention of type 2 diabetes Detailed menu plans for daily caloric levels of 1 200 1 500 1 800 2 000 and 2 500 calories Includes fast food restaurant and ethnic food guides Ratings for high low and moderate glycemic index foods      **Foundations for success** ,2005      **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

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**Obesity in Childhood and Adolescence** H. Dele Davies MD,Hiram E. Fitzgerald,Kami J. Silk,2018-11-09 This updated edition of the groundbreaking first edition identifies changes in U S children and adolescents obesity levels within the past decade examining factors contributing to obesity in this younger generation as well as possible solutions This comprehensive review of obesity in childhood and adolescence describes the many factors that contribute to obesity how to prevent it and how to manage it in those who already experience its effects Written by specialists in biological psychological social and behavioral fields these volumes take an interdisciplinary approach to the subject offering readers a broad understanding of the systemic complexity of obesity from a public health perspective The public must be aware of the deep and extensive roots of the problem in order to make informed decisions about policies related to school and nutritional practices health care costs and more Factors contributing to obesity in children and adolescents range from obvious ones such as quantity of food consumed and amount of physical exercise undertaken to how friendly the neighborhood environment is for outdoor activities and the affordability of nutritional foods such as fruits and vegetables With the information in these volumes readers will feel empowered to help their clients families and communities

**Keep Canada Slim** Lee Fairbanks,2001 *The T-factor Diet* Martin Katahn,2001 A new diet program based on the latest metabolic research shows readers how to choose foods that maximize their T factor The use of complex carbohydrates to burn calories and presents exercises recpies and meal plans

**The Everything Low-Fat, High-Flavor Cookbook** Linda Larsen,2008-10-17 Good fat Bad fat Trans fat Eating a balanced low fat diet has never seemed so complicated This cookbook makes it easy with 325 flavor packed recipes anyone can master No one will feel like they are sacrificing when they learn to make these delicious recipes Nutty Chicken Fingers Orange Beef and Broccoli Stir Fry Poached Cod with Spicy Buttermilk Sauce Oven Baked Fries Risotto with Winter Squash Lemon Meringue Pie Peanut Butter Chocolate Bars and more This edition includes completely new material such as 25 brand new recipes nutritional stats for all recipes and recipes that all conform to new USDA standards Finally good for you also means great tasting

**Bibliography of Agriculture with Subject Index** ,1995 Medical Service Digest ,1991

*Digest* United States. Air Force Medical Service,1992

## Unveiling the Magic of Words: A Review of "**Low Fat Fast Food Guide**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Low Fat Fast Food Guide**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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