

A collage of various fast-food items including french fries, onion rings, a hamburger, a tomato slice, pickles, and a salad, arranged around a central red text box.

REVISED & EXPANDED
FEATURES UPDATED EXCHANGE VALUES

FAST FOOD FACTS

Nutritive and
Exchange Values
for Fast-Food
Restaurants

Marion J. Franz, R.D., M.S.

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Fast Food Facts Nutrition And Exchange Values For Fast Food Restaurants

Paula Szilard



Fast Food Facts Nutrition And Exchange Values For Fast Food Restaurants:

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 **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 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 *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center (U.S.), 1976 **Health Fair Resource Guide**, 1986 **Nutrition Component of the Food Service System** Ellen P. Barbrow, 1994 *Community Guide to Cholesterol Resources*, 1988 Nutrition Education Materials and Audiovisuals for Grades 7 Through 12, 1996 **Dietary Information for the Person with Diabetes** R. M. Downey, 1992 **Sources of Nutrition Information for Adults**, 1987 **Nutrition Education Materials & Audiovisuals for Grades 7 Through 12** Shirley K. Evans, 1998-02 This publication has been prepared for educators interested in nutrition education materials audiovisuals and resources for classroom use Items listed in this publication cover topics including general nutrition food preparation food science and dietary management Teaching materials listed include food models audiovisuals games kits videocassettes and lesson plans Resources for adults are also listed Textbooks and resources are listed to assist with background information Each item includes title author publisher year of publication call number and a brief summary Over 200 items are listed **Fast Food Facts**, 1985 Abstract Tabular data are given for nutrient content and for food exchanges per typical serving sizes in foods offered as standard items by 20 major US fast food chains Nutrients focussed on included calories carbohydrates protein fat and sodium Those foods that are recommended for use only occasionally because of their sugar content or not recommended because of their excessive refined sugar content are noted in the tables These data are intended as guidelines for individuals who need to control their calorie fat sugar and sodium intakes Nutrient content data were obtained by laboratory analysis and from nutrient

composition tables The nutrient values are averages and may vary from restaurant to restaurant w/ Diabetes Dateline, 1979 Slow Cooker Favorites Made Healthy Better Homes & Gardens, 2005-09-20 Presenting delicious wholesome family friendly slow cooker meals appetizers and desserts that are lighter in calories saturated fats and sodium this title provides complete nutrition information and calorie counts *Catalog. Supplement - Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information and Educational Materials Center (U.S.), 1976 **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 *Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975* National Agricultural Library (U.S.), 1975 Bibliography of Agriculture with Subject Index, 1993-03 Diabetes Meals on \$7 a Day~Nor Less! Patti Geil, Tami Ross, 2007-09-27 Would you believe it if someone told you that you could eat healthy tasty diabetes friendly meals on just 7 a day It sounds impossible but it isn't You can save money without sacrificing what's most important to you a healthy variety of great tasting meals that fits any diabetes meal plan Authors Geil and Ross give you a slew of new low cost recipes complete with cost per serving and nutrition information and useful tips to help you navigate the grocery store shelves **American Bookseller**, 1987

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