



Fast Food Facts: Nutritive and Exchange Values for Fast Food Restaurants

Franz, Marion

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Fast Food Facts Nutritive And Exchange Values For Fastfood Restaurants Wellness And Nutrition Library

Stephanie Watson



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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 [Agridex](#)

, 1992 **Journal of the American Dietetic Association**, 1991 **Fast Food Facts - Pocket Edition** Marion J. Franz, 1990-03 The definitive guide to survival in the fast food jungle is updated containing more than 1 000 menu offerings from the 32 fast food chains based in the United States and Canada *Men's Health*, 2008-01 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Subject Guide to Books in Print**, 1975 [Working Mother](#), 2003-10 The magazine that helps career moms balance their personal and professional lives *Working Mother*, 2002-10 The magazine that helps career moms balance their personal and professional lives

Nutritional Value of Fast Food, Nutritional Value of Fast Food is a health education and home economics lesson for high school classes that was developed by Mary P Fontenot as part of the Louisiana Challenge collection of activities for the K 12 classroom The students use the Internet to search for nutritional information about fast foods and then create fact based posters depicting the nutritional value of foods from various fast food restaurants Fontenot lists the materials needed and highlights the lesson procedures The Louisiana Challenge Grant provides the lesson online *Fast Food* Stephanie Watson, 2008-01-15 Explores the dangerous physical and mental effects on a person when indulging too often in fast foods

Nutrition in the Fast Lane Dennis R. Jones, 2002 *Everyday HealthTM My Calorie Counter* Maureen Namkoong, Jennifer Sucov, 2011-05-31 From Everyday Health the 1 health destination on the web comes a pocket size guide to nutrition and weight loss Culled from the site's comprehensive database of nutritional information this expansive tool makes navigating the wide world of food easy The book is divided into three categories regular foods store brands and restaurant fast foods each with thousands of entries that offer information on calorie count fat content and nutritional values including carbohydrates cholesterol sodium and fiber all presented in a user friendly format Success stories from the Everyday Health community motivate readers to meet their own goals **Everyday Health My Calorie Counter** Jennifer Sucov, Maureen Namkoong, 2011-05-03 From Everyday Health the 1 health destination on the web comes a pocket size guide to nutrition and weight loss Culled from the site's comprehensive database of nutritional information this expansive tool

makes navigating the wide world of food easy The book is divided into three categories regular foods store brands and restaurant fast foods each with thousands of entries that offer information on calorie count fat content and nutritional values including carbohydrates cholesterol sodium and fiber all presented in a user friendly format Success stories from the Everyday Health community motivate readers to meet their own goals **Guide to Healthy Fast-Food Eating** Hope S. Warshaw,2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America This book contains Nutrition facts for calories carbohydrates fiber fat trans and saturated fats protein and moreExchange and serving sizes for every menu itemCommon pitfalls of fast food eating and how to avoid themTips for making healthier fast food choicesRealistic ways to deal with diabetes related dining dilemma *Healthy Fast Foods* Kim Etingoff,2014-09-02 Nutrition can be complicated How do you know what foods are healthy and what aren t How much should you eat What about fast food From burgers to fries to milkshakes fast food can be a delicious treat but it can also cause problems if you don t make healthy choices Choosing the right restaurants and the right food can make eating fast food as healthy as it is delicious and easy Discover how to make better choices when it comes to fast food *Exchange Values for Fast Food Restaurants, Based on 1978 Food Values* Diabetes Education Center (Minneapolis, Minn.),1978 Abstract A food exchange list prepared by the Diabetes Education Center gives carbohydrates protein fat and calorie content of typical fast foods and exchange values per serving For example an Arby s roast beef sandwich has 350 calories 32g carbohydrate 22g protein and 15g fat the exchange value is 2 breads and 3 medium fat meats Other foods analyzed are french fries cheeseburgers onion rings hot dogs chicken pizza fish salad and steak from all the popular fast food joints including Burger King Dairy Queen and Pizza Hut Nutrition in the Fast Lane ,2013 Our brochure is THE fast food dining guide Annually updated for 20 years Nutrition in the Fast Lane has kept its customers at the forefront of the changing trends of restaurant dining To date over 12 million copies have been sold Nutrition in the Fast Lane is THE number one source of information for those who simply wish to eat healthier when eating out This edition of Nutrition in the Fast Lane contains information on the 65 most popular national fast food and casual dining restaurant chains It is updated annually by Franklin Publishing Inc of Indianapolis IN The data shown below the column guides are the nutrition values of each item see sample Also shown are the suggested exchange values for each item A simplified description of their use can be found in the Introduction Additionally we list the amounts of potassium in the Generic Section These are essential for those on dialysis and of interest to anyone with high blood pressure If nutrition is your profession you can easily see the value of this booklet If you are just beginning to watch your diet prepare yourself to be amazed Publisher *The Fast-food Diet* Mary Donkersloot,1991 Recommends goals for consumption of fat and cholesterol that fall within the guidelines of the major medical associations Discusses the best choices to make in restaurants delis

supermarkets and at home to meet these goals Has a 1 10 rating system 10 representing the best choice and 1 the worst Directed toward people who regularly eat in fast food franchise restaurants or depend on frozen dinners takeout foods deli items or prepared sauces and meals Restaurant Calorie Counter For Dummies Rosanne Rust,2011-05-10 Achieve your dietary and lifestyle goals even when eating out Whether you re trying to lose weight eat healthier or control or prevent diseases such as diabetes and heart disease this handy guide arms you with a portable quick and easy way to get nutritional information whenever and wherever you want Restaurant Calorie Counter For Dummies gives you fast access to the calorie fat saturated fat carb fiber protein and sodium counts found in food products of thousands of fast food and chain restaurants Nutritional information for big name franchises like Burger King Applebee s Pizza Hut and Cracker Barrel Expert advice on the healthiest options at the most popular drive thru destinations as well as your favorite sit down chains Tips and tricks for eating meals on the go for those with diabetes high cholesterol or high blood pressure Special tips for athletes as well as the best bets for kids Tuck this compact guide into your glove box briefcase or purse and have key calorie information at your fingertips at all times Fast Foods Janie Cooperman,1985

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