



# FAST FOOD CHEAT SHEET



## MCDONALDS

## IN-N-OUT

MENU ITEMS	CAL	FAT	CARBS	FIBER	PROTEIN
Egg White Delight	260	8g	29g	2g	16g
Egg McMuffin	290	11g	30g	2g	16g
Grilled Chicken Ranch Snack Wrap	340	8g	33g	4g	19g
Hamburger	240	8g	32g	2g	12g
Quarter Pounder	290	11g	33g	2g	15g
McDouble	320	12g	34g	2g	16g
Artisan Grilled Chicken Sandwich	360	7g	44g	3g	27g
Asian Sesame Fusion with Grilled Chicken	320	12g	32g	4g	20g
South West Grilled Chicken Salad	350	11g	37g	4g	27g
McDonalds Cheese Slice	50	4g	1g	-	3g

## CHICK-FIL-A

MENU ITEMS	CAL	FAT	CARBS	FIBER	PROTEIN
Egg White Grill	300	7g	31g	1g	25g
Bacon, Egg, & Cheese Muffin	296	12g	31g	-	16g
10 Count Grilled Nuggets	280	5g	3g	-	36g
Grilled Chicken Sandwich	380	6g	36g	3g	29g
Grilled Chicken Sandwich with lettuce bun	340	3.5g	4g	-	23g
Grilled Chicken Cool Wrap	350	14g	29g	12g	27g
Market Salad (no toppings)	200	6g	15g	2g	25g
Market Salad with toppings	330	12g	25g	6g	27g
(small)	150	3.5g	15g	2g	3g
(large)	240	6g	29g	3g	16g
Side (no toppings)	130	3.5g	23g	2g	3g
Side with toppings	190	9g	25g	3g	3g



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CALORIES,  
CARBS, FATS,  
PROTEIN &  
FIBER OF  
COMMON  
MENU ITEMS

QUICK GUIDE

SUBWAY

# Fastfood Restaurant Calorie Guide

**Helena Schaar**



## **Fastfood Restaurant Calorie Guide:**

Easy Calorie Counter & Fitness Guide Helena Schaar,2015-11-04 The easiest calorie counter ever Inside find all the foods you love to eat All the most popular most common foods fast food restaurants brand names beverages and alcohol back cover

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 List

Maker's Get-Healthy Guide Prevention,2010-08-17 A collection of accessible lists from the premier health magazine counsels readers on topics ranging from the best organic foods and the biggest source of germs in public places to effective fitness exercises and essential first aid supplies Original **The Fast Food Freeway Guide** Amy C. Brown,1998 Eat at 30 fast food

restaurants without excess fat and calories Includes Arby s through Winchell s Donuts Easy Pre selected sizewise meals in boxes The author a SDSU Professor of Nutrition calculated and created SizeWise meals providing a combination of foods meeting healthy limits for fat and calories Unlike other books that only list foods and their nutrient content the Fast Food Freeway Guide displays SizeWise meals in boxes Pick foods you like Chock full with hundreds of SizeWise meals this handy Fast Food Freeway Guide fits neatly into the glovebox Prompt food advice is at the fingertips of busy people concerned about fat content or those seeking to prevent the unavoidable weight gain often experienced on the road **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 U.S. Navy SEAL Guide to Nutrition** Patricia A. Deuster,Pierre A. Pelletier,Anita Singh,2013-03-25 The U S Navy SEAL Guide to Nutrition was originally developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community This comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities With a special emphasis on nutrition and healthy eating everyone will benefit from these tried and true methods of guiding your body to peak physical condition Topics covered include The relationship between energy expenditure and energy intake Body size and body mass index Energy providing macronutrients and micronutrients When and how much to drink Healthy snacking Nutritional

considerations for endurance activities and strength training Food for the field Compiled by physicians and physiologists chosen for their intimate knowledge of the NSW and SEAL community this manual is an excellent resource for anyone who wants to boost his or her health nutrition and general well being     **Making Healthy Decisions Nutrition** ,1996-08

**The Dental Hygienist's Guide to Nutritional Care E-Book** Cynthia A. Stegeman,Judi Ratliff Davis,2018-03-01  
Selected for Doody's Core Titles 2024 in Dental Hygiene Auxiliaries Learn how to apply nutritional principles to promote optimal patient care The Dental Hygienist's Guide to Nutritional Care 5th Edition explains how teaching proper nutrition can improve your clients 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 increased emphasis on the NBDHE examination Written by an interdisciplinary author team with expertise in nutrition and dental hygiene this book was the first nutritional guide designed specifically for dental hygienists UNIQUE Biochemistry chapter covers the essential concepts tested on the National Board Dental Hygiene Examination NBDHE UNIQUE Coverage of vitamins and minerals is based on the oral effects of micronutrients Clinically relevant applications to dental hygiene include a focus on patient education and dental hygiene considerations in each chapter Case studies and Health Applications demonstrate how nutrition concepts can be applied to specific patient situations Learning features include pretests and key terms highlighted in each chapter with definitions in the glossary Practice quizzes online allow you to test your comprehension and include feedback and remediation for incorrect answers NEW Updated content addresses interdisciplinary practice and the FDA's Food Safety Modernization Act with expanded coverage of older adults vitamin D and nutrigenomics NEW Coverage of the latest federal nutrition standards includes the Dietary Guidelines for Americans the Nutrition Facts label and more NEW UPDATED full color illustrations include additional clinical photos as well as food source photos in the micronutrient chapters     *The U.S. Navy Seal Guide to Fitness and Nutrition* Patricia A. Deuster,Pierre A. Pelletier,Anita Singh,2007-05-17 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance     **The Yale Guide to Children's Nutrition** William V. Tamborlane,Janet Z. Weiswasser,1997-01-01 Discusses the nutritional requirements of children and offers recipes for healthy dishes     *The Moms' Guide to Meal Makeovers* Janice Bissex,Liz Weiss,2008-12-10

For the legions of harried moms who have tossed in the dishtowel on cooking healthy meals or any meals the easiest ever guide for bringing super nutrition back to the kitchen Getting dinner on the table night after night can be a challenge So it is no surprise that busy moms often rely on fast food takeout and convenience meals like macaroni cheese chicken nuggets and fries The kids love it but the drawback is that little twinge of guilt moms feel every time they feed their family another not so healthy meal At the end of the day many children end up with a poor diet high in sugar saturated fat and calories a major factor in the rising rates of obesity Finally here are realistic guidelines designed to give families a healthy meal makeover The Moms lay out a 5 Step Meal Makeover Plan explaining how to market good nutrition to kids establish food rules and make life easier in the kitchen In The Best of the Bunch chapter they reveal which brands of kid convenience foods hot dogs frozen pizza and more are the best tasting and most nutritious ones out there The Moms show how to stock a healthy pantry and whip up delicious anytime meals using pantry staples They even serve up 120 reworked recipes for family favorites such as Fast as Boxed Macaroni Cheese Squishy Squash Lasagna Cheesy Broccoli Soup Sweet Potato Fries and Chocolate Pudding with Toppers

**Food and Nutrition** Paul Fieldhouse, 2013-12-14 As someone who was trained in the clinical scientific tradition it took me several years to start to appreciate that food was more than a collection of nutrients and that most people did not make their choices of what to eat on the biologically rational basis of nutritional composition This realization helped to bring me to an understanding of why people didn't always eat what I believed was good for them and why the patients I had seen in hospital as often as not had failed to follow the dietary advice I had so confidently given When I entered the field of health education I quickly discovered the famous World Health Organization definition of health as being a state of complete physical mental and social well being and not merely the absence of disease Health was a triangle and I had been guilty of virtually ignoring two sides of that triangle As I became involved in practical nutrition education initiatives the deficiencies of an approach based on giving information about nutrition and physical health became more and more apparent The children whom I saw in schools knew exactly what to say when asked to describe a nutritious diet they could recite the food guide and list rich sources of vitamins and minerals but none of this intellectual knowledge was reflected in their own actual eating habits

**Dietary Guidelines for Americans, 2010**, 2010 *Nutrition in Health* Karen Koeppe, 1983

Nutrition For Dummies Carol Ann Rinzler, 2016-04-25 Get the straight facts on nutrition slim down and feel great You've been hearing it since you were a kid You are what you eat And this wise saying is true Good nutrition is the key to achieving and maintaining healthy weight and lifelong good health no matter how you slice it Nutrition For Dummies 6th Edition is a one size fits all guide to nutrition that shows you how to manage your diet so you get the most bang for your buck This book gives you the know how to put together a shopping list prepare healthy foods and easily cut calories The latest edition of The Dietary Guidelines for Americans encourages individuals to eat a healthful diet one that focuses on foods and beverages that help achieve and maintain a healthy weight promote health and prevent chronic disease This updated edition of Nutrition For

Dummies reflects the latest suggested guidelines and details in plain English so you can incorporate these recommendations for living a nutritionally sound life You ll get updated RDAs on vitamins and nutritional supplements find out why you should eat more fruits vegetables nuts whole grains and other plant based foods understand the importance of cholesterol for brain health get the latest information on obesity and more Decipher the latest nutrition facts labels and guidelines Understand why sugar is the most controversial subject in diet today Grasp the truth about vitamin supplements and energy drinks Make informed decisions about your own nutrition choices An apple a day may not necessarily keep the doctor away but with the simple guidance of Nutrition For Dummies 6th Edition you can be on your way to living a happier healthier and longer life

*Healthy Children, Healthy Lives* Sharon Bergen, Rachel Robertson, 2012-11-06 Improve overall mental and physical health of children with this program using a series of checklists based around wellness goals *American Heart Association No-Fad Diet* American Heart Association, 2010-08-04 By now you ve heard of and maybe tried them all the low carb diet the grapefruit diet the miracle diet the list goes on and on Fad diets may promise a quick fix but few deliver lasting results If you re like millions of other Americans you re still struggling to lose weight and get in shape without harming your long term health in the process It s time to leave behind the one size fits all approach to dieting Now the American Heart Association the nation s most trusted authority on heart healthy living introduces its first ever comprehensive weight loss book No Fad Diet helps you create a personalized plan to lose weight in a healthful way After a simple assessment of your current habits you choose the eating and exercise strategies that best fit your needs You ll learn how to set realistic goals eat well to lose extra pounds safely and add physical activity to keep the weight off for good This book offers more than 190 delicious all new recipes including Cream of Triple Mushroom Soup Tilapia Cham pignon Chicken Pot Pie Pumpkin Cranberry Pancakes and Vanilla Souffl with Brandy Plum Sauce You ll also find two weeks of sample menus guidelines for meal planning useful tips on dining out and food shopping and sound advice for staying on track to reach your target weight If you re fed up with fads and want a diet that can provide a lifetime of effective weight control No Fad Diet is the book for you Tired of losing weight and gaining it back Sick of fad diets and gimmicks Frustrated by crazy food restrictions Try the No Fad Diet What s the only effective way to lose weight and keep it off It s simple Calories in must be less than calories out But since the factors that contribute to this not so magic formula are different for everyone a one size diet plan does not fit all The No Fad Diet includes Tips on turning negative thinking into positive rewards Simple quizzes to find the approach that s best for you Diary pages to record and monitor your eating and activity habits Strategies to reduce calories and increase your activity levels Guidelines to help you prepare your own nutritious meals More than 190 delicious and healthful recipes Techniques to maintain your momentum The weight loss strategies in this book are based on reliable scientific research and are backed by respected medical professionals The American Heart Association has the information you can trust Also available as a Random House Large Print Edition **The Complete Idiot's Guide to DASH Diet Cooking** Deirdre Rawlings ND,

Ph.D.,2012-05-01 The DASH Dietary Approaches to Stop Hypertension Eating Plan is a dietary program that was developed by the National Institutes of Health and has been proven to be one of the most effective and healthy diet plans available today The primary intention and benefit of the plan is to reduce the effects of hypertension however the plan has also proven to be an effective weight loss plan as well as a diabetes friendly diet plan In a 2011 study released by U S News and World Report DASH was ranked as the number 1 overall diet plan among 20 of the most popular plans studied It was also listed as the 1 diet plan for those suffering from diabetes With over 160 recipes The Complete Idiot s Guide to DASH Diet Cooking takes a fresh approach compared to other books on the topic most of which are loaded with general information on the DASH diet The Complete Idiot s Guide to DASH Diet Cooking focuses instead on cooking the right way with DASH and the reader will benefit from over 150 fantastic DASH compliant recipes Readers will also benefit from structured meal plans that help keep them on track and the author s expert advice on supplementing the diet with exercise and other lifestyle changes to further enhance the benefits of DASH

**Dana Carpender's NEW Carb and Calorie Counter-Expanded, Revised, and Updated 4th Edition** Dana Carpender,2009-12-01 Dana Carpender s NEW Carb Counter is a completely revised and updated version of the bestselling Carb Gram Counter It includes more than 100 pages of new content including new and popular brand name products fast food chains and restaurants Each entry contains the serving size amount calories total carbs fiber net carbs protein and fat in the food making it the perfect reference tool for dieters of all kinds Better still any foods with less than five grams of net carbs are featured in bold so low carb dieters can easily see those foods that are best for them and their health Also included are helpful low carb eating tips as well as great lists of low carb snack treat and meal ideas all from best selling author and low carb guru Dana Carpender With Dana Carpender s NEW Carb Counter in your pocket or purse everything you need to stay on track and at your healthiest is at your fingertips

*Easy Calorie, Carb, Fat, Fiber & Protein Counter* Helena Schaar,2015-11-03 A comprehensive and easy to use calorie nutrient counter Alphabetical listings for quick calorie carbohydrate fat fiber and protein counts All your favorite foods fast food restaurants beverages alcohol Contains about 3 500 listings Slim sized to fit in a purse or briefcase or download to your favorite device in ebook format The Easy Lifetime Diet Exercise Guide is included inside in this book Read all the secrets to safe easy effective and permanent results in managing your weight Includes information about understanding calories calorie expenditure lifestyle activity factors and simple tips for achieving your fitness goals Also by this author the DIY Anti Aging Beauty Checklist

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