

# Fast Food Calorie Counter Lite

Maureen Namkoong, Jennifer Sucov

Everyday Health™ 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 sites 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.

The Biggest Loser Complete Calorie Counter Cheryl Forberg, Biggest Loser Experts and Cast, 2006-10-03 Based on the New York Times bestseller, with calorie counts for more than 5,000 foods! Millions of inspired viewers have seen overweight contestants shape up and slim down on The Biggest Loser, NBC's hit unscripted show. Amazingly, their striking health makeovers were based on a simple calories in/calories out weight-loss strategy. This user-friendly guide is the perfect resource for anyone, whether you're looking to follow The Biggest Loser Weight Loss Plan or trying to stay informed about the foods you eat each day. With full nutritional analysis of thousands of foods and dining-out information ranging from fast-food favorites to sushi and other ethnic cuisines, The Biggest Loser Complete Calorie Counter has all you need to know to become the next Biggest Loser!

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!

**Pocket Posh Complete Calorie Counter** The Puzzle Society,2010-09-14 Complement your style while keeping an eye on your calories with the Pocket Posh Complete Calorie Counter. Compact, trendy, and easy-to-use, this handy guide includes all the nutritional information you need for keeping your New Year's resolution while enjoying your favorite foods. With nutrition and calorie listings for more than 5,000 general and brand-name foods and over 50 major fast food and family restaurant chains, the Pocket Posh Complete Calorie Counter is the perfect accessory for every calorie-conscious woman.

**The CalorieKing Calorie, Fat and Carbohydrate Counter 2018** Allan Borushek,2017-11-17 Lists the number of calories, fat grams, and carbohydrates in basic, brand-name, and fast foods.

**Calorie, Fat and Carbohydrate Counter** Allan Borushek,2002-12 A complete, full-color, illustrated guide

for weight control, diet planning, and diabetes management in convenient pocket size format. Includes calorie/fat/carbohydrate figures for over 9,000 foods, complete data for 80 fast food chains (over 3,000 items), and bonus data for alcohol, caffeine, cholesterol, fiber, protein, iron, sodium, and calcium. Fully indexed.

*Fast Food Facts* Marion J. Franz, 1994-04 Fast food doesn't have to be fat food. This up-to-date guide offers the latest nutrition updates from 15 of the most popular fast-food chains. Includes complete exchange values for each menu item, special designations for menu items high in salt, fat, or sugar, suggested meal plans, and more.

**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.

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.

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.

**The CalorieKing Calorie, Fat, & Carbohydrate Counter** Allan Borushek, 2012-09-15 Lists the number of calories, fat grams, and carbohydrates in basic, brand-name, and fast foods.

**Pocket Calorie Fat & Carbohydrate Counter** Allan Borushek, 1999-11 Color edition updated for 2000! A user-friendly directory of nutritional information for calories, fat, carbohydrates, sodium, cholesterol, calcium, protein, iron, alcohol, and caffeine, plus up-to-the minute objective data on commercial food products and fast food. A must for anyone trying to lose weight or adopt a healthier lifestyle. One reviewer said, It's definitely...America's best calorie counter.

**The Doctor's Pocket Calorie, Fat and Carbohydrate Counter 2000** Allan Borushek, 2000-07 A complete, full color illustrated guide for weight control, diet planning, and diabetes management in a convenient pocket size format.

**The Quick and Easy Fat Gram & Calorie Counter** Lynn Sonberg, 1992-02-01 centerFats: The Bad Guys in Your Diet Fats pack more than twice the calories into every gram than either protein or carbohydrates. Recent studies show that it's the amount of fat you eat that will determine your weight. In addition, a high

fat diet increases your risk of heart disease and cancer. The American Heart Association and the National Cancer Institute recommend you get no more than 30 percent of your daily calories from fat. The Quick and Easy Fat Gram & Calorie Counter will show you how. Count Fat Grams for Healthy Weight Loss It's easy! Tired of balancing calories, cholesterol, fat, and fiber intake? Just count fat grams and everything else will fall into place. The Quick and Easy Fat Gram & Calorie Counter does all the work for you. It provides fat gram counts for 2,500 basic, brand-name, and fast foods and gives you the calorie count and percentage of calories that come from fat. h5centerTry The New, Easier, More Effective Way to Stay Slim and Healthy

**The Corinne T. Netzer 1993 Calorie Counter** Corinne T. Netzer,1993 The leading authority on food counts delivers a complete, convenient, and up-to-the-minute guide to the calorie counts of brand-name, fresh and fast foods. Designed in a simple A-Z format, this new edition contains thousands of entries. It's the book no dieter can afford to be without.

*The Doctor's Pocket Calorie Fat & Carbohydrate Counter* Allan Borushek,2001

*The CalorieKing Calorie, Fat and Carbohydrate Counter 2010* Allan Borushek,2009-09-15 Need a quick way to check calories, carbohydrates and fat? With the more than 14,000 food listings, and 200 fast-food chains & restaurant, it's easy to compare foods at-a-glance. Find hidden calories, fat and carbohydrates. You'll know which foods to avoid. Better, yet, you'll know which ones you can eat and still accomplish your weight and health goals. Take it everywhere; look up foods before you eat, when eating choices count the most!

**The Calorie Counter For Dummies** Rust,Meri Raffetto,2009-12-17 The fun and easy way® to keep

track of your caloric intake The Calorie Counter For Dummies provides you with vital information on the nutritional and caloric value of the foods that you eat everyday-at home, the supermarket, and restaurants. Whether you're trying to lose weight, eat healthier, or control and prevent diseases such as diabetes and heart disease, this take along guide provides you with a portable, quick, and easy way to get nutritional information whenever and wherever you need it. The Calorie Counter For Dummies provides you with access to the calorie, fat, saturated fat, carbohydrate, fiber, protein, and sodium counts found in thousands of fast-food and chain-restaurant menu items and the foods like the fruits, vegetables, and meats you eat everyday. Tuck this compact guide into your glove box, briefcase, or purse, and have key calorie information at your fingertips at all times!

**The Doctor's Pocket Calorie, Fat and Carbohydrate Counter** Allan Borushek,2004-11-01 Lists the number of calories, fat grams, and carbohydrates in basic, brand-name, and fast foods.

**Restaurant Calorie Counter For Dummies** Rust,2011-05-10

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