

Restaurant Nutrition

Deborah Cohen,Rajiv Bhatia,Mary T. Story,Sugarman Stephen D.,Margo Wootan,Christina D. Economos,Linda Van Horn,Laurie P. Whitsel,Susan Roberts,Lisa M. Powell,Angela Odoms-Young,Jerome D. Williams,Brian Elbel,Jennifer Harris,Manel Kappagoda,Catherine M. Champagne,Kathleen Shields,Lenard I. Lesser,Tracy Fox,Nancy Becker

Guide to Healthy Restaurant Eating Hope S. Warshaw,2006 This bestselling and indispensable guide contains the most complete and user-friendly restaurant nutrition facts for people living with diabetes. Reflecting the most recent additions and deletions to the restaurant industry's ever-changing menus, this revised and expanded edition covers more than 5,000 menu items from more than 60 chain restaurants.

Healthy Dining in Los Angeles Anita Jones,Esther Hill,1995 HEALTHY DINING IN LOS ANGELES is a unique restaurant guide which features healthy, low-fat items off the menus of over 100 Los Angeles restaurants, with a wide range of prices & types of cuisine. For each of the restaurants listed, 4 to 6 entrees were selected for analysis & numerical values are published for calories, fat, cholesterol, sodium, & diabetic exchanges. A check mark system helps the reader scan quickly for items of particular interest. Also included: 49 chefs' recipes, restaurant coupons worth over \$200 at participating restaurants & 40 pages of helpful nutrition information discussing fat, cholesterol, etc. & how to make better choices at restaurants. HEALTHY DINING guides are also available for ORANGE COUNTY & SAN DIEGO. All editions available through Sunbelt Publications or Hill & Hill Publishing (619) 453-3814.

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!

Eating Out Food Counter Annette B. Natow,1998-09 From breakfast to dinner to late-night snacks, enjoy the fun, convenience and variety of eating away from home with this essential and up-to-date guide.

American Diabetes Guide to Healthy Restaurant Eating Hope Warshaw,2009-02-25 The bestselling restaurant guide for people with diabetes! This bestselling and indispensable guide contains the most complete and user-friendly restaurant nutrition facts for people living with diabetes, pre-diabetes, heart disease, and weight challenges. Reflecting the most recent additions and deletions to the restaurant industry's ever-changing menus, this revised and expanded edition covers more than 5,000 menu items from more than 60 chain restaurants. Along with nutrition facts, this book provides the skills and strategies readers need to find healthy choices in restaurants across America. Thousands of nutrition facts are listed for your favorite restaurant foods—from donuts to pretzels, sweet and sour pork, burritos, pasta, burgers, pizza, and more. Complete nutrition information includes calories, carbohydrates, fiber, fat, saturated fat, protein, and diabetic exchanges.

Healthy Dining in Orange County Anita Jones-Mueller,Accents on Health, Inc,Esther P. Hill,Susan Goldstein,Nicole Quartuccio,Erica Bohm,2006-07-01

Healthy Dining in San Diego ,2005

Performance Standards for Restaurants Deborah Cohen,Rajiv Bhatia,Mary T. Story,Sugarman Stephen D.,Margo Wootan,Christina D. Economos,Linda Van Horn,Laurie P. Whitsel,Susan Roberts,Lisa M. Powell,Angela Odoms-Young,Jerome D. Williams,Brian Elbel,Jennifer Harris,Manel Kappagoda,Catherine M. Champagne,Kathleen Shields,Lenard I. Lesser,Tracy Fox,Nancy Becker,2013-09-09 This report presents the results of a conference of 38 national experts in nutrition and public health who met to develop performance standards that could guide restaurants toward facilitating healthier choices among consumers and that local communities or states could use as a model for developing and implementing either voluntary or mandatory certification programs.

Eating Out 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? How do you pick what to eat when you're looking at a menu in a restaurant? Learn how to enjoy eating out while eating healthy. Discover which kinds of restaurants are the healthiest, what to order off the menu, and how to figure out which foods will keep you strong and happy.

Pocket Posh Dining Out Calorie Counter Pamela M. Nisevich Bede,2011-08-30 Written by clinical dietitian and nutritionist Pamela M. Nisevich Bede, MS, RD, Pocket Posh Dining Out Calorie Counter merges the million+ best-selling Pocket Posh format with the nutritional information of more than 200 fan favorite restaurant chains. Over 4,000 menu items are presented with each calorie counted, now available at your fingertips.

Let's Eat Out Stewart, Hayden,2005

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.

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

Eat Out, Eat Well Hope Warshaw,2015-02-10 The average American will eat out at a restaurant five times this week, and while there are healthy choices available at restaurants, it's not always clear what they are. Fortunately, Hope S. Warshaw has created the ultimate guide to eating healthy—and eating well—in restaurants for people with diabetes, prediabetes, heart health, or those just looking to lose a few pounds. In Eat Out, Eat Well, Hope has created individual strategy guides for a wide variety of cuisines, ranging from everyday burger shops to ethnic choices. Each style of restaurant includes healthy meal options, which recommend certain dishes and portion sizes. There's information on what to avoid and how to go about the making special requests. Each restaurant style also includes nutrient counts to help identify healthy choices. For anyone trying to manage their diabetes but looking to have dinner out, this is an indispensable guide.

Catalog Food and Nutrition Information Center (U.S.),1974

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

Eat This Not That! Restaurant Survival Guide David Zinczenko,Matt Goulding,2009-11-24 Americans spend more than \$500 billion a year eating out, and behind each burger, turkey sandwich, and ice cream sundae is a simple decision that could help you control your weight--and your life. The problem is, restaurant chains and food producers aren't interested in helping you make healthy choices. In fact, they invest \$30 billion a year on advertising, much of it aimed at confusing eaters and disguising the fat and calorie

counts of their products. Thankfully Eat This, Not That! Restaurant Survival Guide - by David Zinczenko with Matt Goulding - is here to help. It's the first book in the Eat This, Not That! series to focus solely on burger shacks, pizza parlors, pasta joints, breakfast diners, Mexican cantinas, Chinese eateries, drive-thrus, and coffee shops. With in-depth coverage of 80 of the biggest restaurant chains in the country, it arms you with the information you need to take control of your diet and sidestep the egregious calorie-landmines that are secretly sabotaging your chances of losing weight. And why would restaurants do such a thing? Because people keep buying. The top brass at any restaurant knows that the more food that goes onto the plate, the more drastically the customers will underestimate the caloric heft. That's why the average cheeseburger has 136 more calories today than it did in the 1970s and why two-thirds of the country is now overweight or obese. Additional features in Eat This, Not That! Restaurant Survival Guide include: · Restaurant Report Card: America's Best and Worst Restaurants · The Menu Decoder: rules for navigating any menu in the country · The Buffet Survival Guide · The New Rules of Eating Out · 50 Great Restaurant Meals under 500 Calories · Money- (and Calorie-) Saving Guide to Making Your Favorite Restaurant Meals—at Home! Loaded with tips on everything from navigating neighborhood restaurant menus to making smart choices in the drive-thru to cutting cash and calories at the country's largest chain restaurants, Eat This, Not That! Restaurant Survival Guide is the indispensable encyclopedia to the world of eating out.

Clean Plates N. Y. C. Jared Koch,2010-05 The only nutritionist and food critic approved Manhattan restaurant guide. Too often, healthy eating is linked with images of sacrifice-a pile of sprouts, or a single pea resting on a plate. It can be difficult to find a restaurant serving mouthwatering, delicious food that is also good for you. Not anymore. Two New Yorkers-a nutritionist and a food critic-scoured the town together to select the 75 healthiest, tastiest restaurants in Manhattan-from fine dining to fast food. Just toss this guide in your bag and flip through it whenever you're craving an Italian trattoria, grass-fed steak, gourmet vegetarian dinner, organic burrito or juicy burger free of hormones and antibiotics. Carnivore, Locavore, Vegan, Clean Plates is for you: Includes 75 reviews and 200+listings of restaurants serving organic, local, sustainably raised plant and/or animal products. Seven interviews with health conscious, eco-friendly chefs. A user-friendly nutritional guide packed to the gills with tips for eating healthier with a focus on bio-individuality so you can design your own diet. A must-have index of the best date spots, cheap eats, and critic's picks. Clean Plates NYC authors researched over 300 restaurants (ate at 125 of them), winnowing them down to the 75 healthiest, most delicious eateries in Manhattan. Easy-to-use quick reference icons make scanning for your desired cuisine and price point a breeze. Purchase grants access to an online database of Clean Plates-approved restaurants, including over 125 honorable mentions.

The NutriBase Nutrition Facts Desk Reference ,2001 From abalone to zucchini, this easy-to-use reference provides information that helps monitor the nutritional intake of thousands of food products.

Food Labeling DIANE Publishing Company,1997-10 Pamphlets from the vertical file.

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