

# Fast Food Calorie Counter 1051

Marion J. Franz

**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 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.

**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.

**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.

**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.

*The CalorieKing Calorie, Fat, & Carbohydrate Counter* Allan Borushek, 2015  
2016 CalorieKing Calorie, Fat & Carbohydrate Counter is a practical, simple & safe guide to the calorie, fat and carbohydrate content of tens of thousands

of your favorite foods by Allan Borushek, health educator and registered dietitian. Tens of thousands of food listings. Building on CalorieKing Counter's 24 years as the bestselling book of food counts, this edition has more up-to-date fast food and restaurant chain listings than any similar book with more than 200 fast food and restaurant chains, plus unique listings for food courts, theaters, carnivals and much more. The color-coded listings make it easy to compare foods at a glance and discover 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. The CalorieKing Counter is the #1 seller and receives the highest reader rating of all similar books of food counts. More than just the best book of food counts, the 2016 CalorieKing Calorie, Fat & Carbohydrate Counter includes helpful nutritional guides and tips on how to reduce calories, fat, and carbohydrates and how to lose weight. Plus, you'll find useful guides and bonus counters for alcohol, caffeine, fat & cholesterol, fiber, protein, iron, and sodium and informative reference sections on diabetes, weight management, osteoporosis and high blood pressure.

**Calorie, Fat and Carbohydrate Counter** Allan Borushek, 2008-09-30 Lists the number of calories, fat grams, and carbohydrates in basic, brand-name, and fast foods.

**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.

**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.

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

**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!

*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.

Calorie, Fat and Carbohydrate Counter Allan Borushek, 2008 This reliable,

conveniently sized, portable book provides a quick way to check the calories, carbohydrates, and fat content of food and drinks available at more than 200 fast-food chains and restaurants. Includes a diabetes diet guide.

The Fast-food Nutrition Counter Annette B. Natow, 1994 Two nationally renowned nutritionists and bestselling authors have gathered the first comprehensive listing of the nutritional content of the foods we eat in restaurants or on the run. In one easy-to-use resource, here are the fat, cholesterol, calorie, carbohydrate, and sodium values of more than 5,600 eat-out foods.

**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.

**My Calorie Counter** Maureen Namkoong, 2014 Complete nutritional information on more than 8,000 food items from popular brands, fast-food chains, restaurant menus, and common groceries.

*Pocket Calorie Counter* Allan Borushek, 1989

**The Fast Food Diet** Stephen T. Sinatra, Jim Punkre, 2008-05-02 Lose weight eating at McDonald's, Burger King, KFC, and Wendy's? Yes, it's possible--and this book shows you how! Dr. Steve Sinatra is one of the top preventive cardiologists in America. . . . In *The Fast Food Diet*, he shows readers how to eat smarter and more nutritiously at any fast food establishment in America so they will actually become healthier as they lose weight. What a brilliant strategy and practical approach! --BARRY SEARS, bestselling author of *The Zone* We're a nation on the go--and we're gaining weight at alarming levels. Chances are you realize you should lose weight and eat healthier foods, but when you're hungry and hurried, all too often you choose the

drive-through over a healthy home-cooked meal. This breakthrough guide presents a practical, real-world solution that teaches you how to make healthier fast-food choices and save hundreds of calories per meal--without giving up the delicious taste and convenience of fast foods. In addition to tips for dining guilt-free at all types of fast-food restaurants, The Fast Food Diet includes: \* A Six-Week Fast-Food Diet Eating Plan that lets you choose among 150 meal selections for breakfast, lunch, dinner, and snacks from more than fifty of the most popular fast-food chains \* Valuable tips for business travelers, holiday revelers, and kids who are fast-food junkies \* Advice on eating well at food courts, sit-down restaurants, airports, and convenience stores \* Recipes for nutritious, home-cooked meals you can prepare in 15 minutes or less If you cut just 500 calories from your meals every day, you'll lose a pound a week. That's 50 pounds a year--and The Fast Food Diet makes it easy.

**Calorie Counter (Collins Gem)** HarperCollins, 2013-06-13 With over 700,000 copies sold, Collins Gem Calorie Counter is the UK's top-selling calorie counter. This new improved edition optimised for e-readers and tablet devices is perfect for those following the Fast Diet (5:2 Diet), Dukan Diet, Atkins Diet or other weight-loss diets and takes in new areas: Kids' food, Fast Food and Family Favourites.

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