

Fast Food Calories

Stephanie Watson

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.

The Stop & Go Fast Food Nutrition Guide Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

Fats, Sugars, and Empty Calories Autumn Libal, 2006 This book explores fast food's role in the American obesity crisis and discusses things we can do to recognize health risks in our lives and combat the fast-food industry's power over American mealtime.

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.

Fast Food Stephanie Watson,2008-01-15 Explores the dangerous physical and mental effects on a person when indulging too often in fast foods.

Smart Fast Food Meals Peggy Reinhardt,1999-04-05 Americans love the convenience, speed, price, and taste of fast food, and the introduction of combo meals has made ordering even easier. But while the fast food chains have been combining menu items and adding up the prices for us, nobody's been adding up the fat and calories. Many popular combo meals have more than 1000 calories per meal—and they're loaded with fat. You can enjoy the convenience of your favorite fast food restaurants without sacrificing health. This innovative guide makes it easy to order lower-calorie, lower-fat meals by putting foods and exact amounts to order at your fingertips. Smart Fast Food Meals includes 48 different meals from the top 12 fast food chains—all totaling 700 calories or less, with less than 30 percent of calories from fat.

Fast Food Tamara Thompson,2015-04-02 It makes our lives easier, but it also has been proven to be a terribly unhealthy choice. This collection of essays debates fast food. Readers are given both sides to an assertion, allowing them multiple perspectives and a chance to decide for themselves. Essays include what fast food's impact is on our planet, whether marketing should target children, the impact of requiring caloric labels, and if there are benefits to the globalization of fast food.

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.

Fast Food John Burstein, 2008 Fast food meals can be made more nutritious by making healthy decisions at the restaurant. This book focuses on how to make healthy fast food choices.

Fast Food Vindication Lisa Tillinger Johansen (MS, RD.), 2012 For years, dozens of books, documentaries, and magazine articles have targeted the fast food industry as the cause for many of society's ills, ranging from the obesity epidemic to the proliferation of dead-end jobs. Now, hospital dietitian Lisa Johansen makes the bold case that the fast food industry is actually a positive force in society. Johansen takes the reader from the industry's scrappy, entrepreneurial beginnings to its emergence as a global business generating hundreds of billions of dollars annually. Far from a blight on society, the fast food industry has distinguished itself by providing a product that meets high standards of quality and safety, often healthier than meals served at home and in sit-down restaurants. The myth of the McJob is debunked by true-life cases of corporate titans who succeeded by virtue of the fast-food chains' practice of promoting from within. And, relying on her years of counseling patients at one of the nation's largest health

networks, Johansen shows the reader just how easily fast food can be incorporated into a healthy lifestyle. Lively and informative, FAST FOOD VINDICATION destroys the media myths and paints the true picture of an industry that touches the lives of millions.

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.

Fast Food Andrew F. Smith, 2016-04-15 The single most influential culinary trend of our time is fast food. It has spawned an industry that has changed eating, the most fundamental of human activities. From the first flipping of burgers in tiny shacks in the western United States to the forging of neon signs that spell out "Pizza Hut" in Cyrillic or Arabic scripts, the fast food industry has exploded into dominance, becoming one of the leading examples of global corporate success. And with this success it has become one of the largest targets of political criticism,

blamed for widespread obesity, cultural erasure, oppressive labor practices, and environmental destruction on massive scales. In this book, expert culinary historian Andrew F. Smith explores why the fast food industry has been so successful and examines the myriad ethical lines it has crossed to become so. As he shows, fast food—plain and simple—devised a perfect retail model, one that works everywhere, providing highly flavored calories with speed, economy, and convenience. But there is no such thing as a free lunch, they say, and the costs with fast food have been enormous: an assault on proper nutrition, a minimum-wage labor standard, and a powerful pressure on farmers and ranchers to deploy some of the worst agricultural practices in history. As Smith shows, we have long known about these problems, and the fast food industry for nearly all of its existence has been beset with scathing exposés, boycotts, protests, and government interventions, which it has sometimes met with real changes but more often with token gestures, blame-passing, and an unrelenting gauntlet of lawyers and lobbyists. Fast Food ultimately looks at food as a business, an examination of the industry's options and those of consumers, and a serious inquiry into what society can do to ameliorate the problems this cheap and tasty product has created.

Fast Food Restaurant Nutrition Counter Arthur Ulene, 1995-10 This handy reference makes it easy for you to quickly find the nutritional information on over 30,000 different food items. It provides information on calories, fat, cholesterol, protein, carbohydrates, sodium, and

fiber for easy comparison. Each food product is broken down into serving sizes to make food choices as simple and quick as possible.

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.

Fast Food Facts Marion J. Franz, 1994 More complete and up-to-date than any other guide on fast foods, the best-selling Fast Food Facts (with over 160,000 copies in print) is revised with the latest nutrition updates on over 1,500 menu offerings from the 37 largest fast food chains. Readers can also choose the convenient pocket edition, which highlights 15 of the most popular fast food restaurants across North America. With the pocket edition still at \$4.95 and the trade version at only \$7.95, it's the most authoritative, definitive, and affordable guide to survival in the fast food jungle. These handy guides have all the facts you need to make sure you always get your way, right away -- wherever you are.

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 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.

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.

Caloric Intake from Fast Food Among Adults Cheryl D. Fryar, R. Bethene Ervin, 2013

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.

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