



# Fast Food Nutrition Counter

**Annette B. Natow, Jo-Ann Heslin**

## **Fast Food Nutrition Counter:**

**The Diabetes Carbohydrate & Calorie Counter** Annette B. Natow, Jo-Ann Heslin, 1991 From renowned nutritionists and authors of *The Fat Counter* the first complete guide for people with Type II diabetes Includes 3 000 alphabetical entries of convenience and home cooked foods with calorie carbohydrate sugar and fat counts diet and menu plans warning signs of diabetes how to protect yourself from diabetes and more [The Complete Nutrition Counter-Revised](#) Lynn Sonberg, 2008-01-02 Newly updated and easy to use A to Z listings of brand names and whole foods All the information readers will ever need to know about what they eat in one handy guide Counters are included for all the food essentials including calories proteins total fat saturated fat trans fat cholesterol sodium calcium iron carbohydrates and fiber [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 Supermarket Nutrition Counter](#) Annette B. Natow, Jo-Ann Heslin, 1997 Offering readers essential up to date information on name brand and generic foods This handy reference takes the uncertainty out of choosing the best buys while giving all the facts readers need to ensure their families eat balanced meals and healthful snacks **The Supermarket Nutrition Counter** Hugh Hood, Annette B. Natow, Natow, 1995 Offering readers essential up to date information on name brand and generic foods This handy reference takes the uncertainty out of choosing the best buys while giving all the facts readers need to ensure their families eat balanced meals and healthful snacks [The Calorie Counter](#) Annette B. Natow, 1997-09 Now updated with calorie counts for more than 20 000 foods The Calorie Counter can help readers balance the number of calories they eat with the number of calories they burn discover effective ways to burn calories and determine how many calories are needed on a daily basis to keep their bodies running properly Original [The New Super-Nutrition](#) Richard Passwater, 2010-07-06 From the renowned biochemist who created a health revolution with his bestselling *Supernutrition* in 1975 comes *The New Supernutrition* Totally revised and updated *The New Supernutrition* focuses on the latest scientific discoveries and offers solutions to the nutrition problems of the nineties Richard A Passwater PhD is internationally acclaimed as a leader in research on megavitamins trace minerals and other nutrients In this life enhancing health saving guide he offers a program of supernutrition tailored to your specific needs that can do many things [The Complete Nutrition Counter](#) Lynn Sonberg, 1993 There s no need to buy a fat counter and a cholesterol counter and a sodium counter and a carbohydrate counter This convenient volume has all that information and more Contains listings for both generic and brand name foods with information about fiber calcium iron vitamins A and C protein and more **The Fat Counter** Annette B. Natow, Jo-Ann Heslin, 1998 Celebrating 20 years in print this invaluable guide shows readers how to reduce fat intake lose weight and protect their health It contains the most up to date listings for

restaurant chains and take out foods as well as the latest news on trans fats food labels and more Reissue [The NutriBase Guide to Fast-Food Nutrition 2nd ed.](#) NutriBase,2001-11-12 This handy pocket reference fits nicely into a briefcase or purse and will help anyone make smart choices while eating on the run Includes more than sixty five chains in alphabetical order

**Suggested Resource List** ,1985 Abstract This resource list is intended to serve as a guide for local school personnel in the selection of nutrition education resource materials The list is divided into twenty subject matter categories and the intended audience ranges from preschool to adult Type of material on the list includes books curriculum packages films filmstrips cassettes videocassettes posters pamphlets slides transparencies and a musical play [The Complete Good Fat/Bad Fat, Carb & Calorie Counter](#) Lynn Sonberg,2011-02-22 The history of diets weightloss and health has been a volatile one Once we thought that calories were all that mattered then we decided it was fat that was the enemy then came the low carb craze The current conventional wisdom is that there s no one easy answer and all of these factors contribute to weight gain and health in different ways Perhaps the most unexpected discovery is that some fats like olive oil and omega fats are actually good for you This book is the first available resource that really gets to the bottom of current dietary thinking It is invaluable for calculating the amount and type of fats calories and carbs in over 3 500 foods commonly found on supermarket shelves and in restaurants For dieters on everything from the South Beach Diet to the Mediterranean Diet to the Fat Smash Diet this is the go to resource for getting the most up to date and complete nutrition information available [At-a-Glance Nutrition Counter](#) Patricia Hausman,1984-08-12 A straightforward guide that can help you plan your eating and get you on the road to healthful eating and living This helpful up to date guide includes all the information you need to determine calories fat content carbohydrate content sodium level fiber amount and vitamin and mineral content for brand name foods fast foods ethnic specialities health foods beverages and much more It also features a comprehensive Food Rating System that interprets the data instantly and works at a glance [Brand Name Nutrition Counter](#) Jean Carper,1985 [Nutrition For Dummies](#) Carol Ann Rinzler,2021-04-06 Updated with the latest available research and the new 2020 2025 Dietary Guidelines It s a scientific fact You really are what you eat Good nutrition is your meal ticket to staying sleek healthy and strong both physically and mentally [Nutrition For Dummies 7th Edition](#) is a complete guide that shows you how to maintain a healthy weight promote health and prevent chronic disease This book gives you the know how to put together a shopping list prepare healthy foods and easily cut calories Along the way there s up to the minute guidance for building a nutritious diet at every stage of life from toddler time to your Golden Years Enjoy **Count on a Healthy Pregnancy** Annette B. Natow,Jo-Ann Heslin,1999 Written by the bestselling authors of [The Fat Counter](#) this portable nutrition guide helps a woman through all nine months of pregnancy by answering common questions and providing nutritional values for 500 foods Includes a place to set goals record weight and jot down questions to ask health care providers [Healthy Schools, Healthy Lives](#) Anita Loughrey,2012-09-21 With childhood obesity hitting alarmingly high levels and given high profile in the media

today this book looks at what schools could and should be doing to tackle the problem Research has shown there is a link between weight lifestyle and attainment This book will identify ideas and strategies for all primary schools to help educate children and parents about obesity The book aims to help teachers introduce good eating habits help children and parents understand the importance of healthy balanced meals examine how physical activity contributes to weight loss and its maintenance as well as providing teachers with a list of useful contacts for outside professional support

**The Cholesterol Counter** Annette B. Natow, Jo-Ann Heslin, 1996 This must have guide is updated with thousands of new entries for foods to suit all tastes and lifestyles as well as the most up to date information on maintaining a healthy heart and diet

**The Wellness Nutrition Counter** Sheldon Margen, 1997 From the editors of the UC Berkeley Wellness Letter comes a comprehensive easy to use reference that takes the guesswork out of maintaining a healthy diet The guide provides full per portion nutritional information on 6 000 foods and a section on the basics of a healthy diet

**The Vegetarian Food Guide and Nutrition Counter** Suzanne Havala, Suzanne Havala Hobbs, 1997 Written by a registered dietician who specializes in vegetarian nutrition this book is a consumer s guide to vegetarian foods with information on fat fiber protein and other nutrients Vegan lacto and lacto ovo vegetarian choices brand name vegetarian specialty items fast food contents hidden animal ingredients and more

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