

JOSEPH C.  
PISCATELLA

THE  
FAT-GRAM  
GUIDE TO  
RESTAURANT  
FOOD

SECOND  
EDITION

An Indispensable Fat-Gram  
and Calorie Counter for Over  
3,500 Most Commonly  
Ordered Foods

The Only Fat-Gram  
Counter to Sit-Down  
Restaurants

# Fat Gram Guide To Restaurant Food

**Patti Geil, Lea Holzmeister**



## **Fat Gram Guide To Restaurant Food:**

The Fat-Gram Guide to Restaurant Food Joseph C. Piscatella,1998-01-01 A unique guide lists the fat grams calories and percentage of calories from fat of more than 3 500 of the most commonly ordered restaurant dishes including fast foods along suggestions on making smarter choices in restaurants Original 40 000 first printing **The Ultimate Guide to Accurate Carb Counting** Gary Scheiner,2006-12-11 The most comprehensive on accurate carb counting a must have for the more than 20 million people with diabetes the 42 million with prediabetes as well as millions of other carb conscious eaters Whether you re following a diet plan that requires carb counting you have diabetes or simply because you are conscious of the quantity of carbs you consume The Ultimate Guide to Accurate Carb Counting is the all in one resource for practically and effectively managing your carb intake Certified diabetes educator type 1 diabetic and Think Like a Pancreas author Gary Scheiner focuses on carb counting in a real world context and his explanations and advice in addition to being complete and thoroughly accurate are geared towards the most common foods and eating habits The Ultimate Guide to Accurate Carb Counting tells you everything you need to accurately keep track of your carb intake including The basic rationale for and the theory behind carb counting as well as explanations of simple to advanced techniques There is also a comprehensive listing of exchanges carb factors and glycemic index values as well as the carb and fiber values for 2 500 foods **The Ultimate Book of Women's Health** Nan Kathryn Fuchs,2001 *Nutritional Strategies for the Diabetic/Prediabetic Patient* Jeffrey I. Mechanick,Elise M. Brett,2006-01-27 While nutrition is central to the management of diabetes there is no onediabetic diet Nutritional prescriptions depend on the type of diabetes food preferences lifestyle treatment regimen comorbidities state of health and the route of caloric administration *Nutritional Strategies for the Diabetic Prediabetic Patient* is a comprehensive r

The T-Factor Fat Gram Counter (Revised and Updated) Jamie Pope,Martin Katahn,2006-01-17 In this newly revised edition the authors offer an informative practical guide to low fat eating that will help with weight loss while lowering the risk of disease Pope and Katahn have updated listings including carbohydrates total fat saturated fat calories fiber and sodium in the foods consumed daily **Positive Mind, Healthy Heart** Joseph C. Piscatella,2010-01-01 One of the longest surviving bypass patients in the U S offers a year long selection of motivational stories inspirations quotes wisdom meditations tips and more many of which have inspired him during his recovery and the maintenance of his health *101 Tips on Nutrition for People with Diabetes* Patti Geil,Lea Holzmeister,2006-07-03 In this new edition diabetes experts Patti Geil and Lea Ann Holzmeister provide handy tips on meal planning general nutrition managing medication and meals shopping and cooking weight loss and more **Diabetic Meals in 30 Minutes?or Less!** Robyn Webb,2011-11-10 This new diabetes cookbook has 140 recipes which adhere to ADA diabetes nutrition guidelines This new edition shows you how to prepare great tasting meals specifically for people with diabetes in 30 minutes or less Each recipe now adheres to the new nutrition guidelines of the American Diabetes Association and is guaranteed to be low in saturated fat Whether you re

looking for appetizers desserts soups salads or entrees Diabetic Meals in 30 Minutes Or Less offers more than 140 great tasting and fast recipes      **Hospitality Clues for the Clueless** Christopher D. Hudson,1999 This book shows how Christians make their homes warm friendly and comforting places to welcome guests and share the gospel      **Health** Rebecca J. Donatelle,2005 The Sixth Edition of Donatelle s text provides readers with the tools they need to make healthy lifelong behavior changes along with updated and timely coverage of health issues Written by a health educator who knows where readers interests lie the new edition aims to address the health topics of primary concern to today s readers in its coverage Promoting Healthy Behavior Change Psychosocial Health Managing Stress Violence and Abuse Healthy Relationships and Sexuality Birth Control Pregnancy and Childbirth Licit and Illicit Drugs Alcohol Tobacco and Caffeine Nutrition Managing Your Weight Personal Fitness Cardiovascular Disease Cancer Infectious and Noninfectious Conditions Life s Transitions Environmental Health Consumerism Complementary and Alternative Medicine For college instructors and students or anyone interested in issues relating to personal health      *The Publishers Weekly* ,2006      **Pumping Insulin** John Walsh (P.A.),Ruth Roberts,2006 Everything you need to know for success on a smart pump Comprehensive guide to using smart pump features like bolus on board BOB duration of insulin action carb and correction factors Clear logical explanations of what to do and how to do it Dozens of clever pump tricks and new pump concepts If you are considering a pump or already on one you definitely want to read this book      *Library Journal* ,2006-04      *Don't Eat Your Heart Out Cookbook* Joseph C. Piscatella,Bernie Piscatella,1994 Gathers recipes that are low in cholesterol salt fat and sugar and suitable for people who have had or want to avoid heart problems      **Pumping Insulin** John Walsh,Ruth Roberts (M.A.),2000 Based on U S measuring scales this handbook covers why when and how to use an insulin pump calculating daily doses basal rates and boluses using Humalog in a pump carbohydrate counting and factors pattern recognition safe control of high and low blood sugars pump use for children teens and during pregnancy and more      **Subject Guide to Books in Print** ,1975      **Good Foods, Bad Foods** Suzanne Havala,1998-09-24      **Journal of the American Dietetic Association** ,2001

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more Introductory chapters cover general nutrition information ingredient substitutions The text also explains through examples how to convert your own recipes to meet the needs of a particular customer Subsequent chapters provide recipes for a wide range of dietary concerns from vegetarian vegan and low fat baked goods to delectable desserts that are gluten lactose or sugar free From Low Fat Vanilla Mousse and Reduced Calorie Linzer Cookies to Sugar Free Cr me Caramel and Vegan Boston Cream Pie Baking for Special Diets provides chefs with an arsenal of recipes that are healthy versatile and always delicious

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