

Jamie Pope, M.S., R.D., and Martin Katahn, Ph.D.  
Authors of THE **T-Factor** FAT GRAM COUNTER

**The**

# **LOW-FAT**

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WHEN YOU'RE  
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and family restaurant chains

# **The Low Fat Fast Food Guide 2nd Edition**

**Marie Ann Boyle, Gail Zyla**



## **The Low Fat Fast Food Guide 2nd Edition:**

**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      **Fast Food and Junk Food** Andrew F. Smith,2011-12-02 This fascinating and revealing work examines the incredible power of junk food and fast food how nostalgic we are about them the influence of the companies that manufacture or sell them and their alarming effect on our country s state of health In the last half century junk food and fast food have come to play an extremely important role in American economic historical cultural and social life Today they have a major influence on what Americans eat and how healthy we are or aren t *Fast Food and Junk Food An Encyclopedia of What We Love to Eat* tells the intriguing fun and incredible stories behind the successes of these commercial food products and documents the numerous health related environmental cultural and politico economic issues associated with them With more than 700 alphabetically arranged entries this two volume encyclopedia contains enough listings to allow readers to research a wide range of fascinating topics The author treats the massive amount of subject material within this reference title in a fair and balanced manner A secondary focus of this encyclopedia is to chart the spread of some American fast food chains and commercially produced junk foods internationally      *Krause's Food & the Nutrition Care Process, MEA edition E-Book* L. Kathleen Mahan,Janice L Raymond,2016-12-08 Krause s Food the Nutrition Care Process MEA edition E Book

*Krause's Food & the Nutrition Care Process, Iranian edition E-Book* L. Kathleen Mahan,Janice L Raymond,2016-11-03 Krause s Food the Nutrition Care Process Iranian edition      *The PDR Family Guide to Nutrition and Health* ,1995 A complete guide to sensible health and nutrition covering weight loss heart health cancer prevention stress energy fitness and more also evaluates leading cookbooks diet plans exercise programs fast food ethnic food and junk food      *Eat, Drink, and be Healthy* Janet M. Chiavetta,1995 Includes 240 low fat low cholesterol recipes with nutrition analysis sample menus for entertaining and a fast food appendix Published by Piedmont Publishers 2512 Ridge Road Raleigh NC 27612 Annotation copyright by Book News Inc Portland OR      [Diabetes Cookbook For Dummies](#) Alan L. Rubin,Chef Denise Sharf,2005-07-08 These recipes transform the typical diabetic diet from bland and blah to Mmmmmm and Ahhhhhh *Diabetes Cookbook For Dummies* 2nd Edition is extensively updated with more than 100 new recipes from great restaurants and great chefs You ll discover taste tempting dishes like Blueberry Almond Pancakes BBQ Chicken Potato Hash Beer Braised Pork Sweet Potato Biscuits and Chocolate Almond Biscotti There s loads of new information about diabetes and the role of diet in managing it plus Tips on how to fare well with restaurant or fast food fare Coverage of ethnic foods including African American Chinese Italian French Indian Thai and Mexican Info on popular diets including South Beach Atkins Ornish and others Nutrition information and diabetic exchanges for each recipe A visual guide to portion sizes with comparisons you ll remember such as a medium potato is the size of a computer mouse The scoop on new artificial sweeteners including Splenda Tips for food

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**to Books in Print** ,1997 *The New Diabetic Cookbook, Fifth Edition* Mabel Cavaiani,2002-05-13 Offers two hundred kitchen tested recipes that incorporate the American Diabetes Association s newly revised food exchange system **Video Source Book** ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **Simple, Lowfat & Vegetarian** Suzanne Havala,Suzanne Havala Hobbs,Mary Clifford,1994 Shows how to make the switch to a lowfat diet simple and enjoyable Discusses how to deal with mealtime both on the road and at home provides grocery store strategies answers commonly asked questions discusses weight control and includes 50 low fat good tasting recipes

Paperbound Books in Print ,1992 *Medical and Health Care Books and Serials in Print* ,1997 *The software catalog microcomputers* Menu (Firm) (Fort Collins, Colo.),1989 Books in Print ,1991 **Food Monitor** ,1986 **Walford's**

**Guide to Reference Material: Science and technology** Albert John Walford,Library Association,1999 A revised and updated guide to reference material It contains selective and evaluative entries to guide the enquirer to the best source of reference in each subject area be it journal article CD ROM on line database bibliography encyclopaedia monograph or directory It features full critical annotations and reviewers comments and comprehensive author title and subject indexes The contents include mathematics astronomy and surveying physics chemistry earth sciences palaeontology anthropology biology natural history botany zoology patents and interventions medicine engineering transport vehicles agriculture and livestock household management communication chemical industry manufactures industries trades and crafts and the building industry **Personal Nutrition** Marie Ann Boyle,Gail Zyla,1992 This book is a brief no chemistry introduction to nutrition that emphasizes how to eat and stay healthy Readers are shown how to evaluate nutrition claims and information as well as how to assess and adjust their personal nutrition habits and practices The book is very consumer oriented A personal and practical approach includes scorecards that allow readers to rate their own diets and Consumer Tips that provide practical suggestions for how to shop eat out etc Fully revised Food Pyramid labeling guidelines antioxidants phytochemicals food safety healthful ethnic cuisines and more **The Cumulative Book Index** ,1999 *Forthcoming Books* Rose Army,2001

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