

Jamie Pope, M.S., R.D., and Martin Katahn, Ph.D.

Authors of THE  FAT GRAM COUNTER

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The Low Fat Fast Food Guide 2nd Edition

Marie Ann Boyle, Gail Zyla

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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

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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

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