



# FAST FOOD CHEAT SHEET



## MCDONALDS

## IN-N-OUT BURGERS

MENU ITEMS	CAL	FAT	CARBS	FIBER	PROTEIN
Egg White Delight	260	8g	29g	2g	16g
Egg McMuffin	290	11g	30g	2g	16g
Grilled Chicken Ranch Snack Wrap	240	8g	23g	4g	19g
Hamburger	240	8g	32g	2g	12g
Quarter Pounder	290	11g	35g	2g	17g
McDouble	300	12g	34g	2g	17g
Artisan Grilled Chicken Sandwich	360	7g	44g	3g	27g
Asian Seaweed Fusion with Grilled Chicken	270	10g	32g	4g	20g
South West Grilled Chicken Salad	350	11g	37g	4g	27g
McDonald's Cheese Slice	50	4g	1g	-	3g

## CHICK-FIL-A

## Wendys

MENU ITEMS	CAL	FAT	CARBS	FIBER	PROTEIN
Egg White Grill	300	7g	31g	1g	27g
Bacon, Egg, & Cheese Muffin	296	12g	31g	-	16g
19-Count Grilled Nuggets	280	5g	31g	-	36g
Grilled Chicken Sandwich	380	8g	36g	3g	29g
Grilled Chicken Sandwich with lettuce bun	340	13g	4g	-	23g
Grilled Chicken Cool Wrap	350	14g	29g	12g	17g
Market Salad (no toppings)	200	6g	15g	2g	25g
Market Salad with toppings	330	12g	25g	6g	27g
Market Salad (small)	180	3.5g	15g	2g	3g
Market Salad (large)	340	6g	29g	3g	16g
Market Side (no toppings)	180	3.5g	25g	2g	3g
Market Side with toppings	390	9g	25g	3g	3g



Wendys



PROVIDES CALORIES, CARBS, FATS, PROTEIN & FIBER OF COMMON MENU ITEMS

# QUICK GUIDE



# Fast Food Guide Nutrition

**Robyn C. Frank, Holly Berry Irving**

## **Fast Food Guide Nutrition:**

**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 *Fast Food Diet* Mary Donkersloot, 1992-04-15 This simple informative guide to nutritionally sound fast no fuss meals is what every busy family needs Covering both make at home meals and restaurant fare it shows that fast food can be healthy food Includes information about foods from national franchise restaurants as well as recipes for fast home cooking and a weight loss program

**Nutrition Labeling and Information: Representatives of fast food companies and restaurants ... USDA-FDA; and representatives from commodity and trade associations** United States. Congress. Senate. Committee on Agriculture, Nutrition, and Forestry. Subcommittee on Nutrition, 1978

**Encyclopedia of Junk Food and Fast Food** Andrew F. Smith, 2006-08-30 Eating junk food and fast food is a great all American passion American kids and grownups love their candy bars Big Macs and supersized fries Doritos Twinkies and Good Humor ice cream bars The disastrous health effects from the enormous appetite for these processed fat and sugar loaded foods are well publicized now This was particularly dramatically evidenced by Super Size Me 2004 filmmaker Morgan Spurlock s 30 day all McDonald s diet in which his liver suffered the same poisoning as if he had been on an extended alcohol binge Through increased globalization American popular food culture is being increasingly emulated elsewhere in the world such as China with the potential for similar disastrous consequences This A to Z reference is the first to focus on the junk food and fast food phenomena from a multitude of angles in addition to health and diet concerns More than 250 essay entries objectively explore the scope of the topics to illuminate the American way through products corporations and entrepreneurs social history popular culture organizations issues politics commercialism and consumerism and much more Interest in these topics is high This informative and fascinating work with entries on current controversies such as mad cow disease and factory farming the food pyramid movie tie ins and marketing to children will be highly useful for reports research and browsing It takes readers behind the scenes examining the significance of such things as uniforms training packaging and franchising Readers of every age will also enjoy the nostalgia factor learning about the background of iconic drive ins the story behind the mascots facts about their favorite candy bar and collectables Each entry ends with suggested reading Besides an introduction a timeline glossary bibliography resource guide and photos enhance the text Sample entries A Advertising Automobiles Ben Burger King Carhops Center for Science in the Public Interest Christmas Cola

Wars Employment Fair Food Fast Food Nation Hershey Milton Hollywood Injury Krispy Kreme Lobbying Nabisco Obesity PepsiCo Salt Soda Fountain Teen Hangouts Vegetarianism White Castle Yum Brands Inc **The Fast-food Guide** Michael F. Jacobson, Sarah Fritschner, 1986 Analyzes the menus of 17 major fast food chain restaurants compiles charts of nutrition information and recommends the most healthful choices **Diet Quality** Victor R. Preedy, Lan-Anh Hunter, Vinood B. Patel, 2013-06-28 Diet quality is a broad term that encapsulates both perceived and actual practices personal preferences and cultural diversity Measuring dietary quality can be problematic and includes investigating food types the number or size of portions or their frequency Diet quality may also be related to the type of food being ingested snacking and other eating habits Manufactured beverages and fast food may also be included as well as microbiological quality and attempts to improve single food items such as meats or vegetables In this book Diet Quality An Evidence Based Approach Volume 2 all of the major facets of diet quality in relation to health outcomes are covered This important new text includes methods for determining diet quality while adopting a holistic approach to impart information on the major areas of concern or knowledge Chapters link in measurable indices of health such as obesity pregnancy outcomes cancer and cancer outcomes and mortality This book represents a diverse set of subject matters and seeks to fill a gap in the literature at a time when there is an increasing awareness that well being is associated with the qualitative nature of diets Contributors are authors of international and national standing and emerging fields of science are incorporated Diet Quality An Evidence Based Approach Volume 2 is a useful new text designed for nutritionists dietitians clinicians epidemiologist policy makers and health care professionals of various disciplines The Fast-food Nutrition Guide, 1983 American Dietetic Association Complete Food and Nutrition Guide Roberta Larson Duyff, 2006-09-18 Offers tips and guidelines for following a healthy diet from choosing the right food at the supermarket to eating well at every stage in life Guide to Healthy Fast-Food Eating Hope S. Warshaw, 2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America This book contains Nutrition facts for calories carbohydrates fiber fat trans and saturated fats protein and more Exchange and serving sizes for every menu item Common pitfalls of fast food eating and how to avoid them Tips for making healthier fast food choices Realistic ways to deal with diabetes related dining dilemma 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 **Mom's Guide to Your Kid's Nutrition** Vicki Poretta, Marcela Kogan, 1997 All moms want to raise healthy growing kids Here's the book that shows them how Covers nutrition guidelines for each age group Mothers learn how to cook with their kids instead of for them how to deal with fast food how to get their kids to make savvy food choices and more Directory of Food and Nutrition Information for Professionals and Consumers

Robyn C. Frank, Holly Berry Irving, 1992 Emphasizes nutrition education food science food service management and related aspects of applied nutrition Part I has chapters on organizations that provide information services and or resources on food and nutrition academic programs software and databases Part II is composed of annotated bibliographic entries and lists of organizations Intended to assist nutritionists dietitians health professionals educators librarians and consumers in identifying sources of food and nutrition information Pediatric Nutrition Handbook American Academy of Pediatrics. Committee on Nutrition, 2004 This update includes eight entirely new chapters on topics including anorexia and bulimia gastrointestinal disease and food and safety This evidence based manual reflects the current policies and practices recommended by the American Academy of Pediatrics Committee on Nutrition *Directory of Food and Nutrition Information Services and Resources* Robyn C. Frank, 1984 Directory intended to assist nutritionists and other interested professionals as to sources of food and nutrition information Emphasis is on management education food science and related aspects of applied nutrition Arranged under nine chapters dealing with such topics as databases reference materials and organization and agencies Each entry gives description Subject geographical organization and program indexes *Consumer Health & Nutrition Index* ,1989

**Obesity in Childhood and Adolescence** H. Dele Davies MD, Hiram E. Fitzgerald, Kami J. Silk, 2018-11-09 This updated edition of the groundbreaking first edition identifies changes in U S children and adolescents obesity levels within the past decade examining factors contributing to obesity in this younger generation as well as possible solutions This comprehensive review of obesity in childhood and adolescence describes the many factors that contribute to obesity how to prevent it and how to manage it in those who already experience its effects Written by specialists in biological psychological social and behavioral fields these volumes take an interdisciplinary approach to the subject offering readers a broad understanding of the systemic complexity of obesity from a public health perspective The public must be aware of the deep and extensive roots of the problem in order to make informed decisions about policies related to school and nutritional practices health care costs and more Factors contributing to obesity in children and adolescents range from obvious ones such as quantity of food consumed and amount of physical exercise undertaken to how friendly the neighborhood environment is for outdoor activities and the affordability of nutritional foods such as fruits and vegetables With the information in these volumes readers will feel empowered to help their clients families and communities **The Workbook** ,1989 Diet and Nutrition Sourcebook Dan R. Harris, 1996 Healthy nutrition has become a subject of growing concern and reappraisal According to recent research one third of the adult U S population is obese At the same time one third of American men and one half of American women are trying to diet Currently the typical household eats one meal out of five outside of the home four out of seven of these in fast food restaurants The Diet and Nutrition Sourcebook provides the layperson with the latest research and recommendations regarding proper dietary practices **Nutrition Education Resources & Bibliography** ,1994 **Nutrition Perspectives** ,1995

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### **Fast Food Guide Nutrition Introduction**

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