

Food Item	Calories Per Serving	Grams of Fat	Calories From Fat	Cholesterol mg/Serving
Taco	224	12.93	116	68
Chicken Taco	164	6.93	62	45
Soft Shell Taco	255	13.92	125	68
Chicken Soft Taco	196	6.60	59	45
Tostada	253	13.43	121	32
Meaty Tostada	447	22.54	203	89
Bean Burrito	397	12.39	112	21
Meat Burrito	528	25.33	228	135
Combo Burrito	463	18.80	169	78
Deluxe Burrito	531	24.84	224	90
Bean Enchilada	332	14.06	127	32
Meat Enchilada	437	26.35	237	146
Combo Enchilada	385	20.20	182	89
Frijoles	280	10.73	97	21
Regular Salad	43	0.98	9	0
Deluxe Salad	361	23.09	208	99
Super Salad	734	47.62	429	101
Chicken Super Salad	565	34.66	312	81
Seafood Salad	543	32.67	294	110
Rice	155	0.98	na	0
Roger Special	380	5.63	na	0

How To Count Calories Guide

David Zinczenko, Ted Spiker



How To Count Calories Guide:

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Complete Guide to Carb Counting Hope Warshaw, Karmeen Kulkarni, 2011-05-31 The completely revised Complete Guide to Carb Counting 3rd edition by the American Diabetes Association provides you with the knowledge and the tools to put carbohydrate counting into practice Rewritten and reorganized to introduce and explain carb counting concepts as you ll need them in your diabetes care plan you ll learn why carb counting helps you manage your blood sugar the amount of carb to eat how to count the carbohydrates in meals and how to count carbs using food labels restaurant menus and your eyes too This is THE meal planning system every carb counting person with diabetes needs to manage their blood glucose **Perfect Calorie Counting** Kate Santon, 2008-09-04 Perfect Calorie Counting is the ideal companion for anyone who s watching their weight It gives detailed nutritional information alongside calorie counts of your favourite dishes Covering everything from advice on which foods are the best sources of antioxidants to tips on how be calorie conscious while still eating the food you like it walks you through all the steps you can take to improve your diet Thousands of foods are listed so everyone will be catered for Whether you re keen to shed a few pounds for a special occasion or you just want to eat more healthily Perfect Calorie Counting has all you need to know The Perfect series is a range of practical guides that give clear and straightforward advice on everything from getting your first job to choosing your baby s name Written by experienced authors offering tried and tested tips each book contains all you need to get it right first time *Dietitian's Guide to Assessment and Documentation* Jacqueline Morris, 2010-01-20 Veterinary Technician's Daily Reference Guide Candyce M. Jack, Patricia M. Watson, 2014-05-20 Veterinary Technician s Daily Reference Guide Canine and Feline Third Edition provides a quick reference to all aspects of a technician s daily responsibilities in clinical practice Retaining the tabular format for easy access the Third Edition adds more in depth skill descriptions allowing the technician to reach an even higher level of care Coverage ranges from anatomy and preventative care to diagnostic and patient care skills pain management anesthesia and pharmacology Now fully revised and updated the book is designed to build on a veterinary technician s current knowledge acting as a quick refresher in the daily clinic setting A companion website offers forms and worksheets training materials review questions vocabulary flashcards links to online resources and the figures from the book in PowerPoint The Third Edition is an invaluable practical resource for increasing confidence and improving technical skills for veterinary

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