

The following are healthier menu selections from 10 of today's most popular fast-food restaurants.

Cal	Total Fat (g)	Total (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)
-----	---------------	------------	-------------	-----------	-----------	------------

Arby's®

Classic Roast Beef+
360 145 30 670 37 2 5

Hot 'n Cheese Slider
230 50.5 30 750 22 1 3

Roast Turkey Salad w/o dressing
230 120 30 670 8 2 5

Turkey 'n Cheese Slider
260 50.5 30 760 21 1 2

Burger King®

5K® Supper® Burger w/o mayo
310 71 0 960 42 6 9

Chicken Nuggets, 4
170 171.5 25 210 11 1 8

Garden Side Salad w/o dressing
60 42.5 10 65 3 1 2

Hamburger+
220 65 30 380 26 1 6

KEY: g=grams, mg=milligrams, cal=calories, sat=saturated, chol=cholesterol, carb=carbohydrates

Cal	Total Fat (g)	Total (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)
-----	---------------	------------	-------------	-----------	-----------	------------

Chick-It®

Hot Cap. medium

40

Greek

230

Grilled

230

Grilled

140

Smother

Smother

120 71

Chicken Bp

160 420

Cheese Pot

210 100

KFC®

Can of Gr

71 650

Honey BBQ Sm

380 420.5

House Side Salad

11 60

Kentucky Grilled

210 12 10

+Clear both sides

Cal	Total Fat (g)	Total (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)
-----	---------------	------------	-------------	-----------	-----------	------------

McDonald's®

Artisan Grilled Chicken

100

3 11

1 22

2 4

1 1

1 1

3 4

1 slice

5

1 slice

5

7

2

• Guide To •

HEALTHIER FAST FOOD



POCKET PAL

Cal	Total Fat (g)	Total (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)
-----	---------------	------------	-------------	-----------	-----------	------------

Turkey Breast, 6" sandwich*

260 15.5 20 760 46 5 7

Veggie Delite®, 6" sandwich*

230 15.5 0 280 44 5 7

Taco Bell®

Cinnamon Twists

170 6.5 0 210 27 <1 13

Crunchy Taco

170 93.5 25 310 13 3 <1

Flurries 'n Cheese

180 210 10 480 22 7 <1

Seasoned Rice

120 2.5 0 190 21 <1 6

Wendy's®

Grilled Chicken Wrap

270 100.5 50 640 34 2 3

Jr. Hamburger+

240 103.5 40 500 25 1 5

Plain Baked Potato

270 0.5 0 25 61 7 3

Power Mediterranean Chicken Salad, half

250 102.5 50 620 25 5 10

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Fast Food Pocket Guide

Berlitz



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Mosby's Pocket Guide to Nutritional Assessment and Care - E-Book Mary Courtney Moore, 2016-07-02 MyPyramid and MyPyramid for Kids simplify diet and lifestyle planning for all age groups NEW assessment tool MEDFICTS Meat Eggs Dairy Fried foods In baked goods Convenience foods Table fats Snacks helps evaluate an individual's diet MORE information on limiting sodium intake to fight hypertension and ischemic heart disease EXPANDED content on the liver particularly related to hepatitis NEW table lists medications that can impair control of glucose and lipid levels NEW information on medications to address the nutritional implications of cancer HIV infection and diabetes **The Official Pocket Guide to Diabetic Food Choices** American Diabetes Association ADA, 2015-09-15 Completely updated to match the newest edition of Choose Your Foods Food Lists for Diabetes Meal Planning this pocket sized guide is now better and more complete than ever Every day and at every meal millions of people use the food list system to plan meals make healthier choices and better estimate portions This proven system is the most popular approach to diabetes meal planning and has been used by dietitians diabetes educators and millions of people with diabetes for more than 70 years This portable version of the Food Lists takes all of the information from the original and repackages it in a format that's perfect for trips to the grocery store or meals on the go Updates include new foods revised portions and updated meal planning tips and techniques With more foods revised portion sizes and the combined knowledge of the American Diabetes Association and the Academy of Nutrition and Dietetics this handy guide is the ultimate meal planning tool for everyone with diabetes **The Paranoid's Pocket Guide** Cameron Tuttle, 2012-08-03 A compendium of beyond Seinfeldian fear inducing factlets What if snorting back laughter while reading it you rupture a key blood vessel Entertainment Weekly Are you worried sick If not maybe you should be Because a pair of drawstring sweatpants could bring about your most embarrassing moment And a toothpick in your sandwich can be the deadliest of weapons Including hundreds of bizarre but true things that can get you this compact volume will induce nervous page flipping and make even the most snug and secure folks bona fide paranoiacs Chilling black and white photographs document the everyday items that menace your safety But whether it's archibutyrophobia the fear of peanut butter sticking to the roof of your mouth or phobophobia the fear of fear itself that eventually gets you don't be afraid to buy this book You never know what might happen to you if you don't A new handbook for our times a numbing catalog of afflictions and conditions possibilities and probabilities of everything that can and surely will go terribly terribly wrong Washington City Paper [Berlitz: Sydney Pocket Guide](#) Berlitz, 2011-11-02 Berlitz Pocket Guide Sydney is the best compact guide to this harbour city combining concise practical information on where to go and what to see with great full colour photographs that bring Australia's premier city to life **The Gi Diet Shopping and Eating Out Pocket Guide** Rick Gallop, 2012-04-24 The must have companion to Rick Gallop's bestselling The Gi Diet and Living the Gi Diet has now been completely revised and updated to make shopping and eating out the Gi Diet way even easier Comprehensive Gi food listings are neatly organised by

supermarket aisle and sorted into Rock Gallop s familiar easy to use unique GI red amber and green lists so you can make informed choices as you fill you basket And with invaluable section on eating out both at luchtime and in the evening whether your choice is fast food take away or Italion Indian Greek or Chinese you can enjoy life without compromising your diet Packed with sound advice that you would expect from Rick Gallop s internationally bestselling and critically aclaimed GI Diet series The Gi Diet Shopping and Eating Out Pocket Guide fits neatly into your bag and your life Berlitz Pocket Guide Australia (Travel Guide eBook) Berlitz,2017-09-01 From dazzling Sydney and the stunning Great Ocean Road to the majestic monolith of Uluru Australia has much to tempt the visitor Berlitz Pocket Guide Australia is a concise full colour travel guide that combines lively text with vivid photography to highlight the best of Down Under Inside Australia Pocket Guide Where To Go details all the key sights in the country while handy maps on the cover flaps help you find your way around and are cross referenced to the text Top 10 Attractions gives a run down of the best sights to take in on your trip Perfect Tour provides an itinerary of the country What To Do is a snapshot of ways to spend your spare time from catching a rugby match and snorkelling on the Great Barrier Reef to exploring the cities lively markets and finding the best nightlife Essential information on Australia s culture including a brief history of the country Eating Out covers the country s diverse cuisine A Z of all the practical information you ll need About Berlitz Berlitz draws on years of travel and language expertise to bring you a wide range of travel and language products including travel guides maps phrase books language learning courses dictionaries and kids language products **Dietitian's Pocket Guide to Nutrition** Nancie Harvey Herbold,Sari Edelstein,2010 Portable and concise the Dietitian s Pocket Guide to Nutrition serves as an easy reference for dieticians and other health care professionals who quickly need to access the recommended nutrition care for various medical conditions and problems Serving as a key healthcare the dietitian will be able to answer patients questions concerning their specific nutritional needs and make informed decisions about foods a patient may or may not consume The Dietitian s Pocket Guide to Nutrition allows easy access to essential nutrition information that is critical to patient care **Berlitz: Australia Pocket Guide** Berlitz,2014-08-01 From dazzling Sydney and the stunning Great Ocean Road to the majestic monolith of Uluru Australia has much to tempt the visitor Berlitz Pocket Guide Australia is a concise full colour travel guide that combines lively text with vivid photography to highlight the best of Down Under The Where To Go chapter details all the key sights in the country while handy maps on the cover flaps help you find your way around and are cross referenced to the text To inspire you the guide offers a rundown of the Top 10 Attractions in Australia followed by an itinerary for a Perfect Tour of the country The What to Do chapter is a snapshot of ways to spend your spare time from catching a rugby match and snorkelling on the Great Barrier Reef to exploring the citys lively markets and finding the best nightlife The book provides all the essential background on Australia s culture including a history of the country and an Eating Out chapter covering the country s diverse cuisine There is also an A Z of all the practical information you ll need to make the most of your trip *Guide to Healthy*

Fast-Food Eating Hope 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 **Berlitz Pocket Guide Rajasthan (Travel Guide eBook)** Insight Guides,2019-05-01 Berlitz Pocket Guides iconic style a bestselling brand this is the quintessential pocket sized travel guide to Rajasthan Plan your trip plan perfect days and discover how to get around this pocket sized guide is a convenient quick reference companion to discovering what to do and see in Rajasthan from top attractions like Jaipur and Ranthambore National Park to hidden gems including Chand Baoli Step Well This will save you time and enhance your exploration of this thrilling region Compact concise and packed with essential information this is an iconic on the move companion when you re exploring Rajasthan Covers Top Ten Attractions including Jaipur and Udaipur and Perfect Day itinerary suggestions Includes an insightful overview of landscape history and culture Handy colour maps on the inside cover flaps will help you find your way around Essential practical information on everything from Eating Out to Getting Around Inspirational colour photography throughout Sharp design and colour coded sections make for an engaging reading experience About Berlitz Berlitz draws on years of travel and language expertise to bring you a wide range of travel and language products including travel guides maps phrase books language learning courses dictionaries and kids language products **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 moreExchange and serving sizes for every menu itemCommon pitfalls of fast food eating and how to avoid themTips for making healthier fast food choicesRealistic ways to deal with diabetes related dining dilemma Nutrition in Health Karen Koeppe,1983 **Pocket Guide to Chakras** Joy Gardner-Gordon,2013-10-30 A person with the gift of clairvoyance can see your seven energy vortexes radiating like multicolored suns along the axis of your spine These whorls of spinning energy are known as chakras the Sanskrit word for wheel Today the ancient knowledge of chakras is recognized as a legitimate model for understanding health and illness The POCKET GUIDE TO THE CHAKRAS answers such questions as What are the chakras Where are they How do they function What causes them to open or close How can their energy be changed

Pocket Guide to Low Sodium Foods Bobbie Mostyn,2003 This nutritional counter is an indispensable reference for anyone who is watching his or her salt intake It is small enough to put in a pocket or purse to enable one to make wise food choices at the grocery store and while dining out Intended for the estimated 60 million Americans with high blood pressure and severe kidney disease this guide addresses which supermarket products and fast food items have the lowest sodium counts and simplifies supermarket choices by listing only low sodium products Each food is analyzed by calories fat saturated

fat cholesterol carbohydrates fiber sugar and sodium Also included are brief descriptions of each of these nutrients and their effect on blood pressure explanations of food labeling guidelines and clarification of nutritional content claims **GCSE Mathematics - A Pocket Guide for Re-takers and Adults** Mick Price,2024-05-24 As its title suggests this book by been devised by author Mick Price as an essential guide for those revisiting Mathematics at GCSE level Crafted from years of experience and class tested materials it serves as a unique revision tool tailored for both FE college students and adults seeking to improve their previous grades or refresh long forgotten knowledge Stripping back the complexities of mathematics this book focuses on the fundamentals needed to achieve a grade 4 without overwhelming its readers with the entirety of KS4 content GCSE Mathematics promises accessibility and convenience making it an indispensable companion for both classroom learning and self study Inside you ll find a blend of theoretical essentials practical real life examples and exercises designed for both younger and more mature learners all presented in a straightforward uncondescending manner GCSE Mathematics is not just a book it s a tool for success always within reach **Berlitz Pocket Guide Moscow (Travel Guide eBook)** Berlitz,2016-12-01 Moscow is an eternally compelling city with a fascinating urban environment and historical backdrop Be inspired to visit by the brand new Berlitz Pocket Guide Moscow a concise full colour guide to this iconic city that combines lively text with vivid photography to highlight the best that the city has to offer Inside Berlitz Pocket Guide Moscow Where To Go details all the key sights in the city from the Kremlin to the iconic Red Square while handy maps on the cover flaps help you find your way around and are cross referenced to the text Top 10 Attractions gives a run down of the best sights to take in on your trip including Lenin s Mausoleum the Pushkin Museum and Gorky Park Perfect Day provides an itinerary for one day in the city What To Do is a snapshot of ways to spend your spare time in Moscow with detailed suggestions including shopping entertainment and dining Essential information on Moscow s culture including a brief history of the city Eating Out covers the city s best cuisine Curated listings of the best hotels and restaurants A Z of all the practical information you ll need Fast Food Facts - Pocket Edition Marion J. Franz,1990-03 The definitive guide to survival in the fast food jungle is updated containing more than 1 000 menu offerings from the 32 fast food chains based in the United States and Canada *Hegde's PocketGuide to Assessment in Speech-Language Pathology* Mahabalagiri N. Hegde,2018-03-23 Now in its fourth edition Hegde s PocketGuide to Assessment in Speech Language Pathology is a renowned resource the first of its kind and now a classic in communication sciences and disorders This revised PocketGuide like the other two classic guides blends the format of a dictionary with the contents of a textbook and clinical reference book With this guide both the students and the professional clinicians may have at their fingertips the encyclopedic knowledge of the entire range of assessment concepts and approaches common methods and procedures standardized tests as well as client specific alternatives and specific techniques to assess ethnoculturally diverse clients The speech language pathologist that has this handy guide in his or her pocket will have a quick as well as a detailed reference to practical assessment

procedures and many task specific outlines that a clinician may readily use in assessing any client of any age The information may be easily reviewed before the clinical sessions or examinations Key Features Current knowledge on assessment philosophies approaches and techniques Alphabetical entries and section tabs for ease of access Underlined terms that alert the reader for cross referenced entries on related concepts and procedures Detailed differential diagnostic guidelines on disorders Critical developmental norms New to the Fourth Edition Updated entries to reflect current practice procedures and the research base Information on newer standardized tests and evidence based alternative approaches to assess ethnoculturally diverse individuals Practical and detailed assessment outlines More succinct presentation of practical information

Pocket Guide to the Care and Maintenance of Aquarium Fish Alice Burkhart, Richard Crow, Dave Keeley, 2002 Here s everything the aquarium keeper must know to maintain a magnificent tank at home what to buy how to care for it and how to troubleshoot More than 200 species of tropical fish receive detailed attention Set up different tanks for a variety of fish and effects and learn to use the full range of available paraphernalia

Pediatric Clerkship Guide E-Book Jerold C. Woodhead, 2012-02-17 Here s all the help you need to survive your pediatric clerkship This handy guide offers you practical must have guidance on the causes clinical evaluation and treatment of common pediatric conditions knowledge that every student can and should master Section 1 outlines the practical skills and procedures you must know on rotation Sections 2 and 3 describe health conditions organized by presentation symptom sign abnormal lab value and by specific diagnosis allowing you to approach a given health problem from either direction Organizes material according to the types of questions that you will typically ask during the clerkship Uses Learning Objectives and Key Points boxes to make complex data easier to remember Provides Cases to illustrate the types of clinical scenarios you may experience Includes a multiple choice exam at the end of the book to help you prepare for clinical exams Offers updates throughout to incorporate the latest knowledge and practices in pediatric medicine Provides complete rationales for all of the answers in the practice exam for increased learning Features a new easier to read design with a better organization for more efficient study

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Table of Contents Fast Food Pocket Guide

1. Understanding the eBook Fast Food Pocket Guide
 - The Rise of Digital Reading Fast Food Pocket Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Fast Food Pocket Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fast Food Pocket Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Fast Food Pocket Guide
 - Personalized Recommendations
 - Fast Food Pocket Guide User Reviews and Ratings
 - Fast Food Pocket Guide and Bestseller Lists
5. Accessing Fast Food Pocket Guide Free and Paid eBooks
 - Fast Food Pocket Guide Public Domain eBooks
 - Fast Food Pocket Guide eBook Subscription Services
 - Fast Food Pocket Guide Budget-Friendly Options

6. Navigating Fast Food Pocket Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Fast Food Pocket Guide Compatibility with Devices
 - Fast Food Pocket Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fast Food Pocket Guide
 - Highlighting and Note-Taking Fast Food Pocket Guide
 - Interactive Elements Fast Food Pocket Guide
8. Staying Engaged with Fast Food Pocket Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Fast Food Pocket Guide
9. Balancing eBooks and Physical Books Fast Food Pocket Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fast Food Pocket Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Fast Food Pocket Guide
 - Setting Reading Goals Fast Food Pocket Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Fast Food Pocket Guide
 - Fact-Checking eBook Content of Fast Food Pocket Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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