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EATING OUT FOOD COUNTER

RESTAURANT, TAKEOUT,
AND SNACK FOODS



CALORIE, FAT, CHOLESTEROL,
CARBOHYDRATE, AND SODIUM COUNTS
FOR MORE THAN 10,000 ENTRIES
INCLUDING MORE THAN 80 RESTAURANT
CHAINS; MORE THAN 500 TAKEOUT
FOODS; AND MORE THAN 5,000
SNACKS FROM BAGELS TO YOGURT

ANNETTE B. NATOW, Ph.D., R.D.
and JO-ANN HESLIN, M.A., R.D.

Bestselling authors of THE FAT COUNTER

Eating Out Food Counter

United States. Public Health Service



Eating Out Food Counter:

The Calorie Counter Annette B. Natow, Jo-Ann Heslin, 2003 Now revised and updated this classic by two nationally renowned nutritionists contains information on more than 20 000 food entries featuring items from national and regional restaurant chains brand name foods take out favorites and much more Original Eating Out Food Counter Annette B. Natow, 1998-09 From breakfast to dinner to late night snacks enjoy the fun convenience and variety of eating away from home with this essential and up to date guide The Protein Counter Annette B. Natow, Jo-Ann Heslin, 2003-01-28 Two nationally recognized nutrition experts provide readers with the most up to date information to calibrate the best protein balance in their diets based on activity level age weight and overall health Includes protein fat carbohydrate and calorie values for 15 000 brand name and generic foods Reissue *The Ultimate Carbohydrate Counter* Annette B. Natow, Jo-Ann Heslin, 2004-12-28 Two noted nutritionists help readers sort through the carbs that are best for them in this revised guide Contains more than 15 000 listings of brand name foods generic foods and restaurant selections with information on carb and sugar content and portion size Reissue **The Fat Counter** Annette B. Natow, Jo-Ann Heslin, 2005 Celebrating 20 years in print this invaluable guide shows readers how to reduce fat intake lose weight and protect their health It contains the most up to date listings for restaurant chains and take out foods as well as the latest news on trans fats food labels and more Reissue **The Cholesterol Counter** Annette B. Natow, Jo-Ann Heslin, 2004 Contains statistics on cholesterol fiber and calories of brand name and generic foods as well as menu items in restaurant chains **The Complete Carbohydrate Counter for Dining Out** K. F. Ernst, 1981-04 **The Complete Food Count Guide** , 1998 This guide to thousands of brand name generic and fast food items shows values for seven nutrients calories fat saturated fat cholesterol sodium carbohydrates and fiber Summary boxes for food groups let readers know which foods are highest and which are lowest in nutrients such as fiber and carbohydrates *Area Wage Survey* , 1982 *The American Restaurant* , 1928 *Occupational Outlook Handbook* , 1982 Describes 250 occupations which cover approximately 107 million jobs **Restaurant Calorie Counter For Dummies** Rosanne Rust, 2011-05-10 Achieve your dietary and lifestyle goals even when eating out Whether you re trying to lose weight eat healthier or control or prevent diseases such as diabetes and heart disease this handy guide arms you with a portable quick and easy way to get nutritional information whenever and wherever you want Restaurant Calorie Counter For Dummies gives you fast access to the calorie fat saturated fat carb fiber protein and sodium counts found in food products of thousands of fast food and chain restaurants Nutritional information for big name franchises like Burger King Applebee s Pizza Hut and Cracker Barrel Expert advice on the healthiest options at the most popular drive thru destinations as well as your favorite sit down chains Tips and tricks for eating meals on the go for those with diabetes high cholesterol or high blood pressure Special tips for athletes as well as the best bets for kids Tuck this compact guide into your glove box briefcase or purse and have key calorie information at your fingertips at all times Municipal Ordinances, Rules,

and Regulations Pertaining to Public Health Adopted 1910-1914 by Cities of the U.S. Having a Population of Over 10,000 in 1910 United States. Public Health Service,1915 *Cafeteria Management* ,1921 **Bulletin of the United States Bureau of Labor Statistics** ,1982 **The American Restaurant Magazine** ,1930 **Reprint from the Public Health Reports** United States. Public Health Service,1915 National Restaurant News ,1925 **Architectural Record** ,1930
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