

Chapter 1 : Calories in Food | Nutrition, Carbohydrate and Calorie Counter

Nutrition facts for the full McDonald's menu. Select any item to view the complete nutritional information including calories, carbs, sodium and Weight Watchers points. You can also use our calorie filter to find the McDonald's menu item that best fits your diet.

Honorable mentions to all of the fast food pizza restaurants compared for containing 0 grams of trans fat. Pizza Hut 14" Large Pan Pizza With the largest serving size of them all, Pizza Hut appears to be the worst in this comparison, as it is the highest in all of the most important nutrition facts calories, saturated fat, sodium. How many calories should a person eat per day? How much saturated fat? How much trans fat? Daily calorie intake recommendations depend on many factors. Age, height, weight, gender, metabolism and of course, goals. For example, are you trying to lose weight, gain weight, or just maintain your current weight? Luckily though I have already put something together for occasions just like this. It will explain everything. So, if an example person eats calories per day, percent of that would be calories. And, since 1 gram of fat contains 9 calories, this works out to be about grams of fat per day for this example person. Of course, most of this fat should be coming from healthy sources like nuts, fish, and olive oil for example rather than junky sources like fast food, for example. They both actually end up fairly close to each other. Either way, the answer ends up translating into "not much at all. They then go on to say that there is enough naturally occurring trans fats in some meat and dairy products that most people already reach this maximum 2 grams without the additional consumption of the industrially manufactured trans fats contained in the foods mentioned in the above comparison. So, when you take this intake account and realize 2 grams is the MAX amount, not recommended average amount you should really be eating 0 grams of trans fat per day. Recommendations for sodium intake are usually in the range of mg - mg per day, with mg being a fairly common maximum recommendation for the average healthy adult. What this all means Basically, you could walk into one of the fast food restaurants mentioned above, make a very normal, very typical fast food order, and easily leave having met or greatly exceeded every single daily total recommendation in just one single meal. Were they listed above because they are as bad as the other nutrients? The only reason carbs were one of the included nutrition facts for this comparison is that people are so obsessed with them that I knew I had to include them just to avoid getting emails from people requesting that carbs be added. It was sort of an email-prevention-method on my part. Some carbs are pretty junky simple carbs like sugar and processed foods and should be limited, while others complex carbs like whole grains, oatmeal, brown rice and white rice.

Chapter 2 : children with DIABETES - Fast Food Nutrition Facts

Nutritional Information for Fast-Food Chains & Restaurants Find more nutritional information in CalorieKing's 50,food database.

Finding a healthy, well-balanced meal in most fast food restaurants is a challenge. But there are always healthier options hidden among the diet disasters. You just need to know where to look and how to order. Is there such a thing as healthy fast food? Fast food is typically high in trans fat, saturated fat, sodium, and calories. And it also tends to be low in nutrients and almost totally lacking in fruits, vegetables, and fiber. There are always choices you can make that are healthier than others. The following tips and menu recommendations can help you stay on track. Just remember that even the healthiest fast food options often have other nutritional drawbacks such as high sodium. So try to keep fast food to the occasional treat. Aim to keep your entire meal to calories or less. The average adult eats calories per fast food meal-and underestimates what they ate by calories. Most chains post nutritional info both on their websites and at the franchise location. Take advantage of this information. Opt for foods that are lower in fat and higher in protein and fiber. Look for items with more good stuff, like fiber , whole grains, and high-quality protein. Also aim for options that are relatively low in saturated fats. And steer clear of all items that contain trans fats. Bring your own add-on items if you really want a health boost. Even when you order wisely, it can be pretty tough to get enough fiber and other important vitamins and nutrients from a fast food menu. If you plan ahead, you can bring healthy sides and toppings like dried fruit, nuts and seeds, carrot sticks, apple or pear slices, and cottage cheese or yogurt. Watch your sodium intake High sodium intake is a major contributor to cardiovascular disease. The American Heart Association recommends that adults stay under mg of sodium per day, and never take in more than 2, mg a day. However, you can minimize some of the damage by requesting that your burger or meat be cooked without added salt. Guides can help you make healthier choices Many fast food chains post nutritional information on their websites. Sometimes, these lists are confusing and hard to use, but they are the best source for accurate, up-to-date information on your menu options. There are also many other websites and apps that provide nutritional information, often in easier to use formats. Making healthier fast food choices on the go Making healthier fast food choices is easier if you plan ahead by checking the nutritional guides that most chains post on their websites. Healthier fast food ordering guidelines Keep your eye on portion size. Many fast food meals deliver enough food for several meals in the guise of a single serving. Avoid supersized and value-sized items, and go for the smallest size when it comes to sandwiches, burgers, and sides. Focus on grilled or roasted lean meats. Avoid fried and breaded items, such as crispy chicken sandwiches and breaded fish fillets. Choose turkey, chicken breast, lean ham, or lean roast beef instead. Grilled skinless chicken is usually your best bet. Pay attention to the descriptions on the menu. Dishes labeled deep-fried, pan-fried, basted, batter-dipped, breaded, creamy, crispy, scalloped, or au gratin are usually high in calories, unhealthy fats, and sodium. Same with items in Alfredo or cream sauce. Many menu items can be made healthier with a few tweaks and substitutions. For example, you can ask to hold the sauce or dressing or serve it on the side. Or you can request a wheat bun for your hamburger or whole-grain bread for your sandwich. For example, many fast food salads are a diet minefield, smothered in high-fat dressing and fried toppings. This is where reading the nutrition facts before you order can make a huge difference. Tips for keeping fast food calories under control Be careful when it comes to condiments and dressings. When choosing items, be aware of calorie- and fat-packed salad dressings, spreads, sauces, and sides such as sour cream. Mayonnaise- and oil-based sauces in particular add a lot of calories. Try holding the mayo and asking for a packet of ketchup or mustard you can add yourself-controlling how much you put on your sandwich. Stick to zero-calorie beverages. Soda is a huge source of hidden calories. The average large soda packs around calories, which can quickly gulp up a big portion of your daily calorie intake. Order water, diet soda, or unsweetened tea instead. Be wise about sides. Watch menu items that come with one or more side dishes. Sides that can quickly send calories soaring include fries, chips, rice, noodles, onion rings, coleslaw, macaroni and cheese, biscuits, and mashed potatoes with gravy. Better bets are side salads with light dressing, baked potato easy on the toppings , fresh fruit cups,

corn on the cob, or apple slices. Pass on the French fries. Do you really need those fries? A sandwich or burger should be plenty filling on its own. Instead, try ordering extra pickles, onions, lettuce, tomatoes, or mustard to add flavor without the fat. Skip high-fat toppings such as bacon bits, cheese, croutons, and crispy noodles. They can add hundreds of calories! The deep-fried shells, tortilla chips, cheese, and sour cream make them high-fat, high-calorie diet busters. Choose salads with grilled chicken, shrimp, or vegetables. Avoid salads with breaded chicken or other fried toppings. The burger alone at many fast food joints can pack between 1,000 calories, particularly when loaded up with extra patties, bacon, and cheese. To keep calories and fat down, you also should pay particular attention to portion sizes and high-fat toppings and sides. Everything that you add to your meal counts—from fries to soda or a shake. Tips for making healthier choices at fast food burger joints: Stick to a single hamburger patty. No double or triple burgers! Burgers with two or three beef patties add loads of unnecessary calories and unhealthy fat up to 1,000 calories and 40 grams of fat. Hold or go light on the mayonnaise. You can eliminate around 100 calories. Add extra ketchup or mustard if you need a flavor kick. Go easy on special sauces, which add a lot of calories. A little goes a long way. Say no to bacon, cheese, onion rings, and other calorie-laden burger toppings. If you want to add some interest, go with extra pickles or heart-healthy avocado. Ask about no-meat burger or sandwich options, such as the veggie burger at Burger King or the grilled cheese at In-N-Out Burger.

Chapter 3 : CalorieKing - Calorie Counter - Fast-Food Chains & Restaurants

I'm simply acknowledging the fact that fast food is part of most people's lives, and I want to reveal how eating the occasional burger can be possible as part of a healthy eating plan.

Chapter 4 : Nutrition Facts: A guide to food labels - Mayo Clinic

"Fast food is an indelible part of the typical American diet, and while we nutrition experts generally regret this fact, it is unlikely to change any time soon.

Chapter 5 : Healthy Fast Food: Tips for Making Healthier Fast Food Choices

So we will help you here to find a balanced fast food meal, we will provide you the "Fat, Calories, Sugar, sodium, carbohydrates, cholesterol, Protein" of most of fast food meals. just navigate to the restraunt or to the meal you want and find its information.

Chapter 6 : Fast Food Restaurant Nutrition Guide - My Criteria

Yet, fast food can be packed with calories, fat, and sodium that, over time, can have health effects. By thinking about your options, you can take advantage of the convenience of fast food while staying on the road to wellness.

Chapter 7 : Fast Food Restaurants, Nutrition Facts & Calories Compared

As a class, decide the healthiest and unhealthiest fast food restaurant based on the nutrition guide, food options, and recommended daily amounts of sodium, fat, cholesterol, and carbohydrates.

Chapter 8 : Get Fast Food Nutrition Guide - Microsoft Store

page guide, updated with the latest menu choices, gives the calorie, fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and sugar counts for over 1,000 foods and drinks Compares nutrition information to make smart choices in fast-food and take-out meals.

Chapter 9 : Fast Food Calories - Nutrition Facts for Over Restaurants

*Fast Food Nutrition - A comprehensive guide to healthy choices at fast food restaurants, including a meal calculator.
Calorie King - Menu guides with calorie counts, mobile apps for on the go help, and other weight loss tools.*