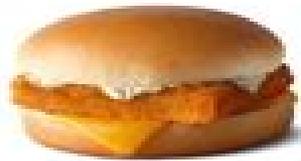




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CHICKEN / FISH / FRIES



FILET-O-FISH

380 Calories
18g Fat
39g Carbs
16g Protein



MCCHICKEN

400 Calories
21g Fat
39g Carbs
14g Protein



4 PC. CHICKEN MCNUGGETS

170 Calories
10g Fat
10g Carbs
9g Protein

6 PC. CHICKEN MCNUGGETS

250 Calories
15g Fat
15g Carbs
14g Protein



10 PC. CHICKEN MCNUGGETS

420 Calories
25g Fat
25g Carbs
23g Protein



CRISPY CHICKEN SANDWICH

470 Calories
20g Fat
45g Carbs
27g Protein

SPICY CRISPY CHICKEN

530 Calories
26g Fat
47g Carbs
27g Protein



DELUXE CRISPY CHICKEN

530 Calories
26g Fat
47g Carbs
27g Protein



DELUXE SPICY CRISPY CHICKEN

540 Calories
26g Fat
48g Carbs
27g Protein



SMALL FRIES

220 Calories
10g Fat
29g Carbs
3g Protein



MEDIUM FRIES

320 Calories
15g Fat
43g Carbs
5g Protein



LARGE FRIES

490 Calories
23g Fat
66g Carbs
7g Protein

Fast Food Nutrition Guide Mcdonald

Vicki Poretta, Marcela Kogan



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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 The Navy Seal Nutrition Guide Patricia A. Deuster,1996-06 One factor they may contribute to a person's success in SEAL training is nutritional interventions Covers micronutrients vitamins carbohydrate fat vitamin fiber fluid replacement water healthy snacking restaurants fast foods nutritional considerations for endurance activities strength training mission performance mission recovery ergogenic agents Extensive appendices *Optimizing Women's Health through Nutrition* Lilian U. Thompson,Wendy E. Ward,2007-12-03 It is no surprise that women and men experience biological and physiological differences fundamentally and throughout the lifecycle What is surprising is that faced with such a self evident truth there should be so little consideration to date of how these differences affect susceptibility to disease and metabolic response to dietary treatment U **Dr. Paula's Good Nutrition Guide For Babies, Toddlers, And Preschoolers** Paula Elbirt,2007-10-10 Children's eating habits change often between infancy and preschool Dr Paula's Good Nutrition Guide for Babies Toddlers and Preschoolers provides nutrition guidelines for young children and gives parents confidence in this confusing and important area Pediatrician Paula Elbirt discusses nutrition by age group Breastfeeding formula solids allergy issues gas and burping are issues for infants Topics for toddlers include creating a healthful diet snacks whole versus skim milk tantrums and food and eating styles Food issues change again for preschoolers and include friends influence on eating habits what to do when a child is cranky from hunger and much more Sample recipes and menus are provided for each group Dr Elbirt describes important differences between emerging eating disorders and odd but harmless food preferences kids embrace briefly and then discard Whether they have fussy eaters or are looking for better ways to provide their children with the best nutrition Dr Paula's Good Nutrition Guide for Babies Toddlers and Preschoolers has the information parents need **Burger King** , The Fast Food Freeway Guide Amy C. Brown,1998 Eat at 30 fast food restaurants without excess fat and calories Includes Arby's through Winchell's Donuts Easy Pre selected sizewise meals in boxes The author a SDSU Professor of Nutrition calculated and created SizeWise meals providing a combination of foods meeting healthy limits for fat and calories Unlike other books that only list foods and their nutrient content the Fast Food Freeway Guide displays SizeWise meals in boxes Pick foods you like Chock full with hundreds of SizeWise meals this handy Fast Food Freeway Guide fits neatly into the glovebox Prompt food advice is at the fingertips of

busy people concerned about fat content or those seeking to prevent the unavoidable weight gain often experienced on the road *Healthy Eating*, **Simply Good Eating for Health**, 2006 Annual Editions Yarian, 1997 *Simply... Woman!* Crystal Andrus, 2008-02-01 Simply Woman is a week by week body mind soul total transformation program that encompasses every facet of a woman's life From her daily demands and frustrations to her wants needs and fears this revolutionary plan elevates the experience of weight loss far beyond the physical With 70 steps which are gently laid out over 12 weeks this book effectively empowers women to take back control of their health discover their passion override their fears and create a life filled with joy and serenity thin thighs are just the by product Unlike anything you've ever tried before Simply Woman will truly transform your life from the inside out DVD NOT INCLUDED *Health in the New Millennium* Jeffrey Nevid, Spencer Rathus, Hannah R. Rubenstein, 1998-01-15 A popular one semester quarter course offered at both 2 year and 4 year schools and taught by either the Health Sciences division or the Physical Education department This is a survey of various health related topics such as nutrition exercise sexuality substance abuse disease etc usually with an emphasis on applying the concepts to students own lives **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 Recueil Des Arrêts Et Décisions European Court of Human Rights, 1996 Milling & Baking News, 1986-07 **The Longman Writer's Companion** Chris M. Anson, Robert A. Schwegler, Marcia F. Muth, 2005 A dynamic comb bound easy to use handbook The Longman Writer's Companion allows writers to quickly and easily reference the information they need to improve their personal business and academic writing writing process business writing grammar punctuation mechanics electronic research documentation citation style guides avoiding plagiarism ESL Any student or professional interested in improving their writing *The Internet Resource Directory for K-12 Teachers and Librarians* Elizabeth B. Miller, 2000 Directory of information useful for K 12 students and teachers which can be accessed by e mail gopher usenet telnet and file transfer protocol FTP *Consumers Index to Product Evaluations and Information Sources*, 2006 **The Dietetic Technician** Virginia Aronson, 1986 *The Official Compilation of the Rules of the City of New York, with Annotations: Title 24. Dept. of Health and Mental Hygiene; NYC Health Code (Title 1, art. 1 to Title 4, art. 121)*, 2012 *New Society*, 1987

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