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OF FOOD COUNTS

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Guide to Healthy Restaurant Eating Hope S. Warshaw,2006 This bestselling and indispensable guide contains the most complete and user friendly restaurant nutrition facts for people living with diabetes Reflecting the most recent additions and deletions to the restaurant industry s ever changing menus this revised and expanded edition covers more than 5 000 menu items from more than 60 chain restaurants The Corinne T. Netzer Calorie Counter for the Year 2000 Corinne T. Netzer,1999 Completely updated and revised this portable guide is packed with calorie counts for all kinds of foods brand name and generic Perfect for toting into a grocery store or restaurant **Corinne T. Netzer, 1995 Calorie Counter** Corinne T. Netzer,1995 The annual update of Corrine Netzer s classic calorie counter includes listings of the newest supermarket and fast food restaurant foods more brand name fresh and fast foods than any other book of its size Salt Sugar Fat Michael Moss,2013-02-26 From a Pulitzer Prize winning investigative reporter at The New York Times comes the troubling story of the rise of the processed food industry and how it used salt sugar and fat to addict us Salt Sugar Fat is a journey into the highly secretive world of the processed food giants and the story of how they have deployed these three essential ingredients over the past five decades to dominate the North American diet This is an eye opening book that demonstrates how the makers of these foods have chosen time and again to double down on their efforts to increase consumption and profits gambling that consumers and regulators would never figure them out With meticulous original reporting access to confidential files and memos and numerous sources from deep inside the industry it shows how these

companies have pushed ahead despite their own misgivings never aired publicly Salt Sugar Fat is the story of how we got here and it will hold the food giants accountable for the social costs that keep climbing even as some of the industry's own say Enough already *What to Eat When You're Eating Out* Hope S. Warshaw, 2006 This book is the most comprehensive guide to restaurant nutrition information if you like to eat out want to eat healthy and want to make more informed choices Ideal for when you're trying to lose weight eat heart healthy or better manage other conditions such as diabetes The
Corinne T. Netzer 1990 Calorie Counter of Brand Name and Common Foods Corinne T. Netzer, 1990 From bestselling author Corinne T Netzer comes this all new listing containing up to date information on the calories in brand name fresh and fast food alphabetized for easy reference and sized to fit in a pocket or purse Contains more products than any other book of its size

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