

Jamie Pope, M.S., R.D., and Martin Katahn, Ph.D.

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The

LOW-FAT

Fast Food Guide



Includes all major fast food and family restaurant chains

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The Low-Fat Fast Food Guide Jamie Pope, Jamie Pope-Cordle, Martin Katahn, 1993 On the basis of careful nutritional analysis of the menus of every national chain of restaurants the authors of the runaway bestseller *The T Factor Fat Gram Counter* have come up with recommendations that will allow readers to have a satisfying meal and keep within the guidelines of the T Factor Diet and the American Heart Association

Low Fat Supermarket Shoppers Guide Jamie Pope, Martin Katahn, 2005-01-04 Now completely revised this pocket guide by the authors of the bestselling *The T Factor Fat Gram Counter* offers quick and effective ways to bring all the benefits of a low fat lifestyle to the table with maximum efficiency Contains updated listings of brand name foods from every supermarket department

The T-factor Diet Martin Katahn, 2001 A new diet program based on the latest metabolic research shows readers how to choose foods that maximize their T factor The use of complex carbohydrates to burn calories and presents exercises recipes and meal plans

Making Healthy Decisions Nutrition, 1996-08

The Fast-food Guide Michael F. Jacobson, Sarah Fritschner, 1986 Analyzes the menus of 17 major fast food chain restaurants compiles charts of nutrition information and recommends the most healthful choices

The White House Family Cookbook Henry Haller, Virginia Aronson, 1987 More than 250 First Family recipes a historic treasury of American cooking Chef Haller entertains with tidbits of presidential lore and his memories of life upstairs and down 8 pages of color photos

The PDR Family Guide to Nutrition and Health, 1995 A complete guide to sensible health and nutrition covering weight loss heart health cancer prevention stress energy fitness and more also evaluates leading cookbooks diet plans exercise programs fast food ethnic food and junk food

[The Overweight Child](#) Teresa Pitman, Miriam Kaufman, 2000 Practical advice for parents and caregivers of overweight children The authors examine the link between television and weight gain offer suggestions for coping with teasing and negative feelings and ways to improve fitness for the entire family

The Cancer Prevention Good Health Diet Martin Katahn, 2000 With over 100 delicious recipes this book by the author of *The T Factor Diet* shows how to maximize resistance to cancer and other diseases by changing how we eat and think about food Dr Katahn also explains how diet can be combined with exercise to increase energy and reduce stress

Nutrition in Teenage Pregnancy Dian Gans, 1983 Abstract A curriculum guide composed of 13 lessons for pregnant teenagers is presented The guide is designed to introduce nutrition through formatted activities which allow the teacher flexibility to address specific needs The program can be integrated into other disciplines e g language spelling home economics The introductory lesson helps teachers assess the current level of nutrition knowledge the students have included are a review of basic nutrition concepts pre test for lessons 1 13 and a student learning preference sheet Lessons 1 9 explore the pregnant teenager's nutrition requirements Lessons 10 13 discusses nutritional requirements during lactation and infant feeding Each lesson contains a focus statement behavioral objectives teacher notes references suggested activities and supplementary materials The appendix contains an annotated bibliography audio visual aids

reprinted articles of special interest and a food composition table kbc **Traveling Light** Kath Weston,2009-09-01 How far can you get on two tacos one Dr Pepper and a little bit of conversation What happens when you re broke and you need to get to a new job an ailing parent a powwow college or a funeral on the other side of the country And after decades of globalization what kind of America will you glimpse through the window on your way For five years Kath Weston rode the bus to find out Traveling Light is not just another book about people stuck in poverty Rather it s a book about how people move through poverty and their insights into the sweeping economic changes that affect us all The result is a moving meditation on living poor in the world s wealthiest nation **Bounty from the Box** Mi Ae Lipe,2015-09 Bounty from the Box The CSA Farm Cookbook is your guide to enjoying over 90 different crops grown by community supported agriculture CSA farms across North America With this book youll never wonder what to do with your CSA box again The Nutrient-Dense Eating Plan Douglas L. Margel,2005 Nutrient dense eating refers to the nutritional quality of a food and to the highly concentrated vitally important foods eaten on the plan They are the opposite of empty calorie foods that eventually degrade health and lead to debilitating diseases says the author Douglas Margel He believes the dominant eating disorder of this culture is the ambivalent adversarial relationship people have with food and we should reconnect to ancestral wisdom and eat as if it really mattered Mindfully Green Stephanie Kaza,2008-11-11 With all the attention on living sustainably the one thing missing from the conversation is how to find a personal connection with green living that will sustain us on our green path While practical approaches to an eco responsible lifestyle offer important first steps it is critical that we ground these actions in broader understanding so that we can effect real change in the world In this book Stephanie Kaza describes what she calls the green practice path She offers a simple Buddhist inspired philosophy for taking up environmental action in real practical and effective ways Discover new ways to think more deeply about your impact on the natural world engage in environmental change and make green living a personal practice based in compassion and true conviction **How to Quit Smoking Without Gaining Weight** Martin Katahn,1996-11 Follow Dr Katahn s advice and kick the nicotine habit without adding those extra pounds guaranteed He presents a safe simple program based on the latest scientific research in metabolism biochemistry and smoking cessation He shows which method of quitting is best suited to your personal situation which exercises have lasting calorie burning effects and how eating the right foods will increase your metabolic rate to compensate for the lack of nicotine Nineties to Now Matthew McKeever,2021-10-06 What is it actually like to live today It s an era where world politics play out on Twitter and where the gig economy has made the nine to five job an object of aspiration rather than dread Rates of mental illness are soaring inequality predominates everything and much of life is contained in our phones The core idea of this book is that we can only understand what life is like now by comparing it to previous times to see what has changed what is genuinely new and what is a continuation of existing trends Providing original analyses of a range of seminal works of 90s pop culture this book extracts a core set of concepts such as irony branding and media that

defined the 90s It demonstrates how these concepts are expressed in both those works and in the art of today Presenting close history in a new light this book helps us understand today by framing it in terms of yesterday *The New Wellness Revolution* Paul Zane Pilzer,2012-06-12 Read the Preface Introduction and Chapter 1 at thewellnessrevolution paulzanepilzer.com Five years ago Paul Zane Pilzer outlined the future of an industry he called wellness and showed readers how they could get in on the profitable bottom floor The New Wellness Revolution Second Edition includes more guidance and business advice for entrepreneurs product distributors physicians and other wellness professionals It s an industry that will only grow so get in while you can *The Better Sex Diet* Lynn Fischer,2011-04-01 WHAT S FOOD GOT TO DO WITH IT Exciting new medical research tells us that good health is an essential part of good sex This expert guide translates the latest scientific facts into delicious recipes that will enhance sexual vitality naturally in just six weeks Men and women can achieve amazing drug free results through The Better Sex Diet a program that reveals The low fat high potency connection Breakthrough news about high blood cholesterol and impotency Foods that improve blood flow to the sexual organs Powerful enemies of sexual energy and how to conquer them The common drink that s a sure fire aphrodisiac A fail safe dinner menu for red hot lovers More than 90 breakfast lunch and dinner recipes Supported throughout with personal testimonies from couples who have found new passion through The Better Sex Diet this is a ground breaking guide to an eating plan you ll fall in love with BOOST SEXUAL POTENCY NATURALLY WITH HEALTHY DELICIOUS FOODS *Hungry Planet* Faith d' Aluisio,2007-09 Provides an overview of what families around the world eat by featuring portraits of thirty families from twenty four countries with a week s supply of food *Gardencuisine* Paul Wenner,1998-04-09 The inventor of the Gardenburger veggie patty Paul Wenner knows about delicious low fat food and in GardenCuisine he offers more than 150 sensational recipes for everything from tempting appetizers to sumptuous desserts all of them as satisfying and high in flavor as they are low in fat and nutritionally sound Tired of the same old breakfast Try a Savory Breakfast Sandwich with Fresh Fruit Toss and jump start your day Suffering from lunchtime letdown Pair a Middle Eastern Pita Sandwich with a cup of Carrot Ginger Soup and treat yourself to a square of Spice Cake Enjoy a glass of Fruity Sangria before dinner then savor Pan Roasted Portobello Mushrooms over Broiled Polenta and Healthy Caesar Salad finish with Mango Apricot Bread Pudding Who said good health had to be boring With complete nutritional information for each recipe a chapter on nutrition for optimal health and a 21 day weight loss program GardenCuisine will delight everyone from already committed vegetarians to those trying to cut down on animal protein in their diet

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