

## Dairy Queen Menu Nutrition Guide

**Foods & Nutrition Encyclopedia** Audrey H. Ensminger 1983 "Covers the whole gamut of the three-pronged subject, foods-nutrition-health." Approximately 2800 entries intended for lay persons and professionals. Authorities who compiled the book selected topics according to interest to readers as consumers. Opposing points of view are presented in entries. While a few entries are several pages long, most are brief and concise. Tables, illustrations, cross references. Index.

**Franchise Opportunities Handbook** United States. Domestic and International Business Administration 1988 This is a directory of companies that grant franchises with detailed information for each listed franchise.

*Catalog. Supplement - Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information and Educational Materials Center (U.S.) 1976

**Plunkett's Food Industry Almanac** Jack W. Plunkett 2007-03 A guide to the food business, from production to distribution to retailing. This book (with database on CD-ROM) covers what you need to know about the food, beverage and tobacco industry, including: analysis of major trends and markets; historical statistics and tables; major food producers such as Kraft and Frito Lay; and more.

Franchise Opportunities Handbook 1986 This is a directory of companies that grant franchises with detailed information for each listed franchise.

Fast Food Facts Marion J. Franz 1994 More complete and up-to-date than any other guide on fast foods, the best-selling Fast Food Facts (with over 160,000 copies in print) is revised with the latest nutrition updates on over 1,500 menu offerings from the 37 largest fast food chains. Readers can also choose the convenient pocket edition, which highlights 15 of the most popular fast food restaurants across North America. With the pocket edition still at \$4.95 and the trade version at only \$7.95, it's the most authoritative, definitive, and affordable guide to survival in the fast food jungle. These handy guides have all the facts you need to make sure you always get your way, right away -- wherever you are.

**Restaurants & Institutions** 1987-04

Complete Guide to Sodium Barbara Kraus 1986 A comprehensive dictionary of foods lists several thousand brand-name products and basic foods with their sodium (Na) contents (in mg/serving) to aid consumers in estimating their daily Na intake and in planning a diet that is lower in Na. Foods are listed alphabetically by brand name or by the name of the food. The serving sizes are given in common household measures wherever possible. The Na levels reported are based on publications issued by USDA and on data submitted by manufacturers and processors. A Canadian supplement on the Na content of brand names and basic foods is appended. A brief commentary on the role of Na in body function and the link between Na intake and hypertension also is included.

*Simply Good Eating for Health* 2006

**Franchise Opportunities Handbook** United States. International Trade Administration 1988

TV Guide 1989

**Guide to Healthy Restaurant Eating** Hope S. Warshaw 2002 If you have diabetes, here is the information you need to make healthy food choices when you go out to eat. Now you can dine at fast food chains and stay on your meal plan. Inside this handy guide is complete, at-a-glance nutrition information for more than 55 fast food chains, including Burger King, Wendy's, McDonald's, Baskin Robbins, TCBY, and other favorites.

Franchise Opportunities United States 1982-11

A Patient's Guide to Heart Surgery Carol Cohan 1991 A comforting, unique guide to the psychological aspects of open-heart surgery. From choosing and preparing for surgery to recovering in the hospital and at home, this guide explores the emotional and practical ramifications of heart surgery. 21 line drawings.

*Franchise Times* 2005

**How to Stay Slim and Healthy on the Fast Food Diet** Judith S. Stern 1980 Abstract: The guilt-afflicted

fast food fancier now has access to information on the nutrient content and composition of the offerings of the major fast food chains, and can plan a nutritious daily menu of around 1200 calories which includes a cheeseburger and french fries. The standards for nutritional adequacy in the diet and the specific contributions of fast foods are discussed, as well as additives commonly used to retard spoilage or enhance flavor and appearance. The drawbacks of fad diets are enumerated; encouragement of sensible habits and changed attitudes is offered instead, based on self analysis, better nutrition knowledge, and exercise. The drinks, salad ingredients, condiments, and specialties of 24 chains from Arby's to White Castle are analyzed for protein, fat, and carbohydrate, and the percentage of contribution to caloric content. A 1-week diet plan offers a reasonably balanced daily intake including a fast food meal, that should result in up to 3 pounds weight loss per week.

**The Complete Idiot's Guide to Gluten-Free Eating** Eve Adamson 2007 Gluten intolerance (celiac disease) is a genetic disorder that affects almost 3 million Americans, with symptoms that run the gamut from diarrhoea, weight loss, and malnutrition to isolated nutrient deficiencies that don't produce gastrointestinal symptoms. And although popular wisdom holds that celiac disease is strictly a problem tolerating wheat, sufferers also have difficulties with rye and barley. Testing for celiac disease is a fairly simple process, but it can be extremely difficult to diagnose-and today the only truly successful treatment for it is a strict gluten-free diet for life. The Complete Idiot's Guide to Gluten-Free Eating takes post-diagnosis readers on to the next stage of the rest of their lives-dealing with the day-to-day challenge of eating gluten free. It's a practical guide that offers tips, advice, and information.

**The Info Franchise Newsletter** 1994

*The Whole Heart Book* James J. Nora 1980

Consumers Index to Product Evaluations and Information Sources 2002

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