



Guide to Healthy Fast-Food Eating

Hope S. Warsaw

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Hope S. Warshaw

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Here is the most complete and easy-to-use fast-food guide for people with diabetes, heart disease, and weight challenges. Along with nutrition information, this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast-food restaurants in America. This book contains:

Nutrition facts for calories, carbohydrates, fiber, fat, trans and saturated fats, protein, and more
Exchange and serving sizes for every menu item
Common pitfalls of fast-food eating and how to avoid them
Tips for making healthier fast-food choices
Realistic ways to deal with diabetes-related dining dilemma

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Sandra Romero:

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