



# Guide to Healthy Fast-Food Eating

*Hope S. Warsaw*

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*Hope S. Warshaw*

## **Guide to Healthy Fast-Food Eating** Hope S. Warshaw

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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