

# THIS IS WHAT 100 CALORIES LOOKS LIKE

KBMOTION.COM

COMBINE 1-2 FATS WITH 1 CARB AND 2 PROTEINS FOR 500 CALORIES  
EAT AS MANY UNLIMITED VEGGIES ON TOP OF THIS AS YOU CAN

## GOOD FATS



**14 ALMONDS**  
46 PROTEIN 86 FAT



**10 CASHEWS**  
46 PROTEIN 46 FAT



**17 PEANUTS**  
46 PROTEIN 86 FAT



**10 PECANS**  
26 PROTEIN 16 FAT



**5 WALNUTS**  
16 PROTEIN 46 FAT



**30 PISTACHIOS**  
26 PROTEIN 106 FAT



**1 TBSP COCONUT OIL**  
136 FAT



**1 TBSP OLIVE OIL**  
136 FAT



**2 TBSP SEEDS**  
26 FAT 26 PROTEIN



**1/4 AVOCADO**  
16 PROTEIN 76 FAT

## FRUITS (CARB)



**1 CUP ALL BERRIES**  
226 CARBS



**1 LARGE APPLE**  
306 CARBS



**2 CLEMENTINES**  
206 CARBS



**25 GRAPES**  
206 CARBS



**2 CUPS WATERMELON**  
226 CARBS



**1 RIPE BANANA**  
276 CARBS



**2 KIWI**  
226 CARBS



**2 SMALL PEACHES**  
246 CARBS



**1 CUP PINEAPPLE**  
226 CARBS



**1 PEAR**  
236 CARBS

## VEGGIES (CARB)



**7 BRUSSEL SPROUTS**  
116 CARBS



**2 CUPS BROCCOLI**  
126 CARBS



**3 BELL PEPPERS**  
216 CARBS



**2 CUPS RUTABAGA**  
246 CARBS



**2 CUPS CARROTS**  
246 CARBS



**1 MEDIUM ONION**  
106 CARBS

### UNLIMITED VEGGIES

LETTUCE GINGER

SPINACH CABBAGE

CELERY ZUCCHINI

RADISH TOMATOES

GARLIC CUCUMBER

SAURKRAUT

GREEN ONION

MUSHROOMS

## PROTEINS



**1 LARGE EGG**  
46 PROTEIN  
56 FAT



**1/2 CUP PLAIN YOGURT**  
46 PROTEIN 16 FAT



**85G (3OZ) TURKEY**  
146 PROTEIN 16 FAT



**50G TUNA IN WATER**  
156 PROTEIN



**42G (1.5OZ) CHICKEN**  
116 PROTEIN 46 FAT



**70G TROUT**  
146 PROTEIN  
36 FAT



**100G HADDOCK**  
206 PROTEIN  
16 FAT



**10 SHRIMP**  
146 PROTEIN  
16 FAT



**50G (2OZ) BEEF**  
146 PROTEIN 46 FAT



**2 TBS WHEY**  
206 PROTEIN

## THINGS TO REMEMBER

ONLY 1 SERVING OF FRUIT A DAY. YOU CAN SPLIT YOUR SERVINGS IN HALF TO EAT AT DIFFERENT TIMES OF THE DAY  
YOU CAN SPLIT CARB SERVINGS AND COMBINE THEM WITH OTHER TYPES AS LONG AS IT DOES NOT GO OVER 306 OF CARBS  
TRY TO AIM FOR 12-246 OF PROTEIN PER MEAL. THE MORE THE MERRIER

# Mexican Food Calorie Guide

**Rosanne Rust**



## **Mexican Food Calorie Guide:**

The Calorie Counter, 6th Edition Karen J Nolan, Jo-Ann Heslin, 2012-12-26 Completely revised with more than 20 000 food entries this latest edition features more than 80 national and regional restaurant chains hundreds of take out foods and the widest assortment of brand name generic and ethnic foods found anywhere Original The Calorie Counter, 5th Edition Jo-Ann Heslin, Karen J Nolan, 2009-12-29 Health The Ultimate Calorie Counter Sheila Buff, 2025-06-25 Say goodbye to crash diets hunger pangs cravings and diet drug health writer Sheila Buff tells you everything you need to know to lose weight safely and easily and keep it off in The Ultimate Calorie Counter At a glance calorie counts on the foods and beverages Americans commonly eat including brand names and fast food restaurants Charts to pinpoint your optimal calorie intake Expert tips for cutting calories without eating less Great calorie saving food substitutions Fastest fat burning exercises How to enjoy dining out while counting calories **The Diabetes Carbohydrate & Calorie Counter** Annette B. Natow, Jo-Ann Heslin, 1991 From renowned nutritionists and authors of The Fat Counter the first complete guide for people with Type II diabetes Includes 3 000 alphabetical entries of convenience and home cooked foods with calorie carbohydrate sugar and fat counts diet and menu plans warning signs of diabetes how to protect yourself from diabetes and more *The Calorie Counter* Annette B. Natow, Jo-Ann Heslin, 2003 Now revised and updated this classic by two nationally renowned nutritionists contains information on more than 20 000 food entries featuring items from national and regional restaurant chains brand name foods take out favorites and much more Original *Restaurant Calorie Counter For Dummies* Rosanne Rust, 2011-05-10 Achieve your dietary and lifestyle goals even when eating out Whether you're trying to lose weight eat healthier or control or prevent diseases such as diabetes and heart disease this handy guide arms you with a portable quick and easy way to get nutritional information whenever and wherever you want Restaurant Calorie Counter For Dummies gives you fast access to the calorie fat saturated fat carb fiber protein and sodium counts found in food products of thousands of fast food and chain restaurants Nutritional information for big name franchises like Burger King Applebee's Pizza Hut and Cracker Barrel Expert advice on the healthiest options at the most popular drive thru destinations as well as your favorite sit down chains Tips and tricks for eating meals on the go for those with diabetes high cholesterol or high blood pressure Special tips for athletes as well as the best bets for kids Tuck this compact guide into your glove box briefcase or purse and have key calorie information at your fingertips at all times **Academy Of Nutrition And Dietetics Complete Food And Nutrition Guide, 5th Ed** Roberta Larson Duyff, 2017-04-18 The newest edition of the most trusted nutrition bible Since its first highly successful edition in 1996 The Academy of Nutrition and Dietetics Complete Food and Nutrition Guide has continually served as the gold standard resource for advice on healthy eating and active living at every age and stage of life At once accessible and authoritative the guide effectively balances a practical focus with the latest scientific information serving the needs of consumers and health professionals alike Opting for flexibility over rigid dos and don'ts it allows readers

to personalize their own paths to healthier living through simple strategies This newly updated Fifth Edition addresses the most current dietary guidelines consumer concerns public health needs and marketplace and lifestyle trends in sections covering Choices for Wellness Food from Farm to Fork Know Your Nutrients Food for Every Age and Stage of Life and Smart Eating to Prevent and Manage Health Issues The Corinne T. Netzer 1992 Calorie Counter Corinne T. Netzer,1992 The perennial bestseller is back with completely updated listings of the calorie counts of brand name fresh frozen and fast foods including many new products Take the guesswork out of healthy eating with these simple to use listings of thousands of products whether from supermarkets or restaurants *Prevention's Food and Nutrition Guide* Prevention Magazine Editors,1996 Our diet has a profound effect on how we feel Yet many people don t know what they should eat to feel their best The editors of Prevention magazine have compiled the ultimate guide to eating for health with advice on planning a nutrition program fighting fatigue and more Plus it explains which 101 foods you shouldn t live without **The Dieter's Calorie Counter** Corinne T. Netzer,1992 Organized alphabetically by food category this updated guide contains over 10 000 listings of the calorie counts of brand name generic and fast foods This convenient authoritative dieter s friend also covers various preparations of food fresh frozen dried providing the most up to date and accurate information available The International Cuisines Calorie Counter Denise Webb,Densie Webb,1990 Most calorie guides are fine for hot dogs or tuna fish but where can the dieter turn for information on coq au vin or veal piccata Here is a guide that gives calorie fat and sodium counts for a variety of exciting foreign dishes from China Mexico India and Greece among others American Dietetic Association Complete Food and Nutrition Guide Roberta Larson Duyff,2006-09-18 Offers tips and guidelines for following a healthy diet from choosing the right food at the supermarket to eating well at every stage in life **The Tufts University Guide to Total Nutrition** Stanley N. Gershoff,Catherine Whitney,1991 **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 Mom's Guide to Your Kid's Nutrition Vicki Poretta,Marcela Kogan,1997 All moms want to raise healthy growing kids Here s the book that shows them how Covers nutrition guidelines for each age group Mothers learn how to cook with their kids instead of for them how to deal with fast food how to get their kids to make savvy food choices and more The Indian Food Calorie Counter Veena Manjit Singh,1993 *The Shopper's Guide to Fat in Your Food* Karen J. Bellerson,1993-09 This concise pocket reference responds to the nationally recognized need to decrease fat intake to reduce the risk of hypertension cancer stroke and other diseases Offering highly accessible and sometimes astonishing information about the foods we buy this condensed version of The Complete and Up to Date Fat Book analyzes the fat content in 2 500 brand name foods The Good Calorie Diet Philip Lipetz,1994 Learn what foods thwart the starvation response the condition that causes overweight people to create up to 4 times as much fat as thin people do from the same meal *The American Dietetic Association's Complete Food and Nutrition Guide* The American Dietetic

Association (ADA), Roberta Larson Duyff, 1996-09-20 A lifetime of sound advice on healthful eating from the world's foremost authority on food and nutrition The American Dietetic Association has analyzed the newest nutrition research to provide reliable answers to all your food and nutrition questions This comprehensive and easy to use book does more than list scientific facts it shows how to translate them into healthy food choices that fit any lifestyle Filled with practical tips and guidelines for all ages from choosing the healthiest baby food to eating well in the golden years The American Dietetic Association's Complete Food Nutrition Guide makes healthful nutrition advice interesting and easy to follow This Interactive Personalized Guide Provides Quick Access to Nutrition Information for the Whole Family Including Safe and sane ways to lose weight Low fat fast food and restaurant tips Meeting the unique nutrition needs of women children teens and the elderly How to decipher health claims in the headlines Top nutrition tips for sports and exercise The latest information on vitamins minerals phytochemicals and antioxidants How to protect against foodborne illness How to maximize nutrition with fewer calories And much more Also included are the new USDA Dietary Guidelines kitchen nutrition tips Real Life Nutrition stories and nutrition check ups With nearly 70 000 members The American Dietetic Association is the largest organization of food and nutrition professionals in the world This is a truly comprehensive easy to read guide for the whole family It is a wonderful resource for healthy meal planning Jeanne Jones syndicated columnist Cook It Light author lecturer and consultant The American Dietetic Association's Complete Food Nutrition Guide may be the ultimate healthy eating primer How often can it be said of a book that it may extend your life Fitness Magazine This is a wealth of information chock full of practical tips and very reader friendly Should be on everyone's bookshelf Evelyn Tribole RD nutrition columnist and best selling author

**The Brand-name Calorie Counter** Corinne T. Netzer, 1991 From breakfast to dinner and all stops in between whether you're eating in or dining out here is the best selling supermarket shopper's guide and companion Included is the important information you need to start your diet and stay on it Conveniently arranged by category this banquet of brand name and fast foods contains more than 10 000 listings

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