

Krispy Kreme - Two Doughnuts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
2x White Chocolate Dreamcake	810	10	100	50	42	22	3.2	0.9
2x Reese's Peanut Butter Kreme	804	12	99	48	41	19	3.0	0.9
2x Lotus Caramelised Biscoff	792	12	89	31	42	15	4.8	1.0
2x Nutty Chocolatta	758	12	82	32	42	19	3.8	0.7
2x Cookie & Creme Shell	736	10	108	64	28	13	5.8	0.8
2x Chocolate Dreamcake	702	11	95	52	29	13	6.2	0.8
2x Strawberries & Kreme	652	10	90	44	27	12	5.0	0.8
2x Glazed Raspberry	648	11	87	40	28	13	4.0	0.8
2x Chocolate Custard	578	10	82	39	22	10	4.6	0.9
2x Chocolate Sprinkles	524	7	79	46	20	9	2.6	0.5
2x Chocolate Glazed	514	6	57	26	30	14	2.4	0.5
2x Strawberry Gloss	488	8	64	39	22	10	3.6	0.6
2x Chocolate Iced	474	7	70	43	18	8	3.8	0.5
2x Original Glazed	400	6	55	25	17	8	2.4	0.5

Krispy Kreme Nutrition Guide

Krispy Kreme Doughnuts



Krispy Kreme Nutrition Guide:

Nutritional Information Krispy Kreme Doughnuts, 2007 Leaflet giving details of nutritional content of the full range of doughnuts produced by Krispy Kreme These are illustrated They are not able to guarantee that products are 100% free of nut contaminants for those with allergies to them *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 **Eat, Drink, and Be Healthy** Walter Willett, P.J. Skerrett, Edward L. Giovannucci, 2017-09-19 In this national bestseller based on Harvard Medical School and Harvard School of Public Health research Dr Willett explains why the USDA guidelines the famous food pyramid are not only wrong but also dangerous **The Stop & Go Fast Food Nutrition Guide** Steven G. Aldana, 2007 The Stop Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you The guide uses the colors of the stop light red yellow and green to help individuals choose foods that lead toward or away from good health The Stop Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you With the help of a nationally recognized panel of nutrition experts Dr Aldana has color coded almost 3 500 fast foods from 68 different restaurants Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones Keep the guide in your glove box for easy access **Unpacking School Lunch** Marcus B. Weaver-Hightower, 2022-05-18 This book delves into the heated political battles over what kids eat at school shedding light onto how policymakers craft food policy for schools The book takes readers inside schools through the history of school food programs in the United States and England and into the policy terrain that makes school lunch difficult to change Through diverse case studies hungry linebackers pink slime English reality television and policy making pizza as a vegetable lunch shaming and more chapters provide detailed analysis of rhetorical tactics arguments over and policy for school feeding The book concludes with a progressive vision of school food that is healthy pleasurable educative shame free and most importantly free for all students just like the rest of school *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 **Boomer's Guide to Getting the Weight Off... for Good!** Roberta Schwartz Wennik, 2003 A nutrition consultant and bestselling health and fitness author shares time tested advice with baby boomers on how to shed pounds and achieve a healthy weight for mid life and beyond **Nutrition in the Fast Lane**, 2003 **Chubster** Martin Cizmar, 2012 A humorous and appropriately snarky weight loss and lifestyle guide for hipsters looking to shed pounds and stay cool *Safe Dieting for Teens* Linda Ojeda, 2007-08-28 A

guide to dieting for teens showing how small consistent changes in eating and exercise habits will result in permanent weight loss and discussing eating disorders fad diets and other related topics *Don't Eat This Book* Morgan Spurlock, 2006-05-02

Don't eat this groundbreaking hilarious book but if you care about your country's health your children's and your own you better read it For thirty days Morgan Spurlock ate nothing but McDonald's as part of an investigation into the effects of fast food on American health The resulting documentary earned him an Academy Award nomination and broke box office records worldwide But there's more to the story and in *Don't Eat This Book* Spurlock examines everything from school lunch programs and the marketing of fast food to the decline of physical education He looks at why fast food is so tasty cheap and ultimately seductive and interviews experts from surgeons general and kids to marketing gurus and lawmakers who share their research and opinions on what we can do to offset a health crisis of supersized proportions *Consumers Index to Product Evaluations and Information Sources*, 2002 **A Fit and Well Way of Life** Gwen Robbins, Debbie Powers, Sharon Burgess, 2008 **U.S. News & World Report**, 2003 **F & S Index United States Annual**, 2007 **A Fit Way of Life** Gwen Robbins, Debbie Powers, Sharon Burgess, 2008 *The New York Times Index*, 2005 **Health, 2001-2002** Richard Yarian, 2001-02 This compilation of public press articles examines how Americans make choices about controlling their health the impact of stress and emotions on mental health the effects on diet and nutrition on well being influences of exercise and diet on health how drugs affect our lives recent research on human reproduction and sexuality the major causes of death in the Western world the current state of health care in today's society food labelling and food and drug interactions hazards that affect our health and are encountered in today's world This title is supported by Dushkin Online www.dushkin.com online our student Web site **Foodsman**, 1984 **The Washington Post Index**, 1989

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