



Nutrition Guide

Printed: 10-04-2017. Information can change frequently, so check www.DunkinDonuts.com for the most current information.

Before placing your order, please inform your server if anyone in your party has a food allergy.

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Crap (g)	Monetary Amount	Sugar (g)	Protein (g)	% Daily Value			
													% Daily Value	% Daily Value	% Daily Value	% Daily Value
Hot Donuts																
Brown Sugar Glazed Donut with White Frost Topping	1 Serving	360	120	6	1	0	0	450	60	0	20	1	40%	0	20%	40%
Wash Donut	1 Piece	360	120	11	1.1	0	0	190	10	1	0	1	10%	0	1%	1%
Original Glazed with White Frost Topping	1 Serving	270	90	0	1	0	0	100	10	0	12	1	20%	0	20%	10%
Orange Frenchie Donut	1 Frenchie Donut	360	120	10	1	0	10	100	10	1	1	1	0	0	1%	0

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Crap (g)	Monetary Amount	Sugar (g)	Protein (g)	% Daily Value			
													% Daily Value	% Daily Value	% Daily Value	% Daily Value
Bagel Donuts																
Vanilla Caramel Bagel Donut	1 Bagel Donut	360	120	0	4.2	0	10	170	10	0	1	10	0	0	10%	10%
Vanilla Caramel Bagel Donut	1 Bagel Donut	370	120	1	0	0	0	100	10	0	10	10	0	0	0	10%

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Crap (g)	Monetary Amount	Sugar (g)	Protein (g)	% Daily Value			
													% Daily Value	% Daily Value	% Daily Value	% Daily Value
Bagels																
Blueberry Bagel	1 Bagel	320	10	1	0	0	0	150	10	4	12	10	0	0	1%	10%
Vanilla Caramel Bagel	1 Bagel	370	10	1	0	0	0	100	10	0	10	10	0	0	0	10%
Everything Bagel	1 Bagel	360	10	1	0	0	0	100	10	1	1	10	0	0	0	10%
French Toast Bagel	1 Bagel	370	10	1	0	0	0	100	10	1	0	10	0	0	0	10%
Crab Bagel	1 Bagel	360	10	1	0	0	0	100	10	1	1	10	0	0	1%	10%
Maple Bacon Bagel	1 Bagel	390	10	1	0.1	0	0	100	10	0	0	10	0	0	0	10%
Gluten Bagel	1 Bagel	330	10	1	0	0	0	100	10	1	4	10	0	0	1%	10%
Plain Bagel	1 Bagel	330	10	1	0	0	0	100	10	0	1	10	0	0	1%	10%
Peanut Butter Bagel	1 Bagel	360	10	1.1	0.1	0	0	100	10	1	1	10	0	0	10%	10%
Pepperoni Bagel	1 Bagel	340	10	1	0	0	0	100	10	0	1	10	0	0	1%	10%

Dunkin Donuts Nutrition Information

Steven G. Aldana



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The Public Relations Handbook Alison Theaker, 2004-08-02 In this updated edition of the successful Public Relations Handbook a detailed introduction to the theories and practices of the public relations industry is given Broad in scope it traces the history and development of public relations explores ethical issues which affect the industry examines its relationships with politics lobbying organisations and journalism assesses its professionalism and regulation and advises on training and entry into the profession It includes interviews with press officers and PR agents about their working practices case studies examples press releases and illustrations from a range of campaigns including Railtrack Marks and Spencer Guinness and the Metropolitan Police specialist chapters on financial public relations global PR business ethics on line promotion and the challenges of new technology over twenty illustrations from recent PR campaigns In this revised and updated practical text Alison Theaker successfully combines theoretical and organisational frameworks for studying public relations with examples of how the industry works in practice

400 Calorie Fix Liz Vaccariello, Mindy Hermann, Editors of Prevention, 2010-12-21 The latest research shows that controlling calories is consistently the most successful weight loss method Of course counting calories is nothing new But only 15 percent of us know how many calories we should eat to maintain a healthy weight Most of us don't know how many calories are in the foods we eat And most of us don't really want to have to count calories Now from Flat Belly Diet author Liz Vaccariello comes 400 Calorie Fix which makes it easy to spot and control calories 400 Calorie Fix has no banned ingredients no magic foods and no complicated rules You'll learn how to eat with the 400 calorie lens the essential tool they need to assess portion sizes for all types of food at a glance The book makes calorie control easy and delicious with 400 tasty 400 calorie recipes quick fix no-cook meals and options that make it easy to dine out whether you're chowing down on a fast food burger or hosting a family cookout

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

Digest Diet Dining Out Guide Liz Vaccariello, 2012-12-27 More information to be announced soon on this forthcoming title from Penguin USA

Environmental Policy is Social Policy - Social Policy is Environmental Policy Isidor Wallimann, 2014-07-08 This book argues that social and environmental policy should be synthetically treated as one and the same field that both are but two aspects of the same coin if sustainability is the goal Such a paradigm shift is indicated important and timely to effectively move towards sustainability This book is the first to

take this approach and to give examples for it Not to synthetically merge the two fields has been and will continue to be highly insufficient inefficient and contradictory for policy and public administration aiming for a transformation towards a sustainable world In general social problems are dealt with in one policy corner and environmental problems in another Rarely is social policy at large concerned with its impact on the environment or its connection with and relevance to environmental policy Equally environmental problems are generally not seen in conjunction with social policy even though much environmental policy directly relates to health nutrition migration and other issues addressed by social policy This book intends to correct the pattern to separate these very significant and large policy fields Using examples from diverse academic and applied fields it is shown how environmental policy can and should be thought of as social policy and how social policy can and should simultaneously be seen as environmental policy Tremendous benefits are to be expected

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

Men's Health, 2008-01 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

Nutrition Lori A. Smolin, Mary B. Grosvenor, 2016-04-06 This text is an unbound three hole punched version Nutrition Science and Applications 4th Edition helps students develop the scientific understanding to support their personal and professional decisions Using a critical thinking approach Smolin brings nutrition out of the classroom and allows students to apply the logic of science to their own nutrition concerns both as consumers and as future scientists and health professionals

The NutriBase Nutrition Facts Desk Reference Art Ulene, 1995 With over 40 000 entries this book presents information for a wide range of foods

Making Weight Control Second Nature Susan Burke March, 2009 It is all in here A way of living that puts you in control of your weight and health You can be that person who makes deliberate choices one day at a time one meal at a time one food at a time and one walk at a time from publisher s website

Consumers Index to Product Evaluations and Information Sources, 2006

The Fast Food Freeway Guide Amy C. Brown, 1998 Eat at 30 fast food restaurants without excess fat and calories Includes Arby s through Winchell s Donuts Easy Pre selected sizewise meals in boxes The author a SDSU Professor of Nutrition calculated and created SizeWise meals providing a combination of foods meeting healthy limits for fat and calories Unlike other books that only list foods and their nutrient content the Fast Food Freeway Guide displays SizeWise meals in boxes Pick foods you like Chock full with hundreds of SizeWise meals this handy Fast Food Freeway Guide fits neatly into the glovebox Prompt food advice is at the fingertips of busy people concerned about fat content or those seeking to prevent the unavoidable weight gain often experienced on the road

What to Eat When You're Eating Out Hope S. Warshaw, 2006 This book is the most comprehensive guide to restaurant nutrition information if you like to eat out want to eat healthy and want to make more

informed choices Ideal for when you re trying to lose weight eat heart healthy or better manage other conditions such as diabetes The Complete Nutrition Counter Lynn Sonberg,1993 There s no need to buy a fat counter and a cholesterol counter and a sodium counter and a carbohydrate counter This convenient volume has all that information and more Contains listings for both generic and brand name foods with information about fiber calcium iron vitamins A and C protein and more *Teaching Nutrition, Exercise, and Weight Control to the Moderately/mildly Handicapped* Anthony F. Rotatori,1985 **M & C Report** ,2008 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 Diabetes Food and Nutrition Bible* Hope Warshaw,Nancy Hughes,2001-06-06 Introducing the American Diabetes Association s first all in one food book a combination of nutrition guideline menu planner and cookbook Readers will learn how to shop plan nutritious meals and cook low fat and healthy foods The Diabetes Food and Nutrition Bible is divided into three sections Meal Planning Healthy Shopping for fruits vegetables protein etc and Recipes using the ingredients from the previous section Helpful sidebars throughout the text will offer helpful cooking and nutrition tips Time Briton Hadden,Henry Robinson Luce,2003-07 Nancy Clark's Sports Nutrition Guidebook Nancy Clark,1997 Contains the latest sports nutrition tips and discusses how to reduce your body fat while maintaining energy Also includes 131 healthful recipes and menu ideas

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