

# MCDONALD'S APPLE PIE NUTRITION

**MCDONALD'S APPLE PIE NUTRITION** IS A TOPIC OF INTEREST FOR MANY CONSUMERS WHO ENJOY THIS CLASSIC FAST-FOOD DESSERT BUT WANT TO UNDERSTAND ITS DIETARY IMPACT. THIS ARTICLE EXPLORES THE NUTRITIONAL CONTENT OF MCDONALD'S APPLE PIE, INCLUDING CALORIES, MACRONUTRIENTS, VITAMINS, AND MINERALS. ANALYZING THE INGREDIENTS AND PREPARATION METHODS PROVIDES INSIGHT INTO THE HEALTH CONSIDERATIONS OF THIS POPULAR MENU ITEM. ADDITIONALLY, COMPARISONS WITH SIMILAR DESSERT OPTIONS AND TIPS FOR MINDFUL CONSUMPTION WILL BE DISCUSSED. WHETHER YOU ARE TRACKING CALORIES, MANAGING SUGAR INTAKE, OR SIMPLY CURIOUS ABOUT WHAT'S IN YOUR FAVORITE TREAT, UNDERSTANDING MCDONALD'S APPLE PIE NUTRITION IS ESSENTIAL. THE FOLLOWING SECTIONS WILL BREAK DOWN THE DETAILS AND OFFER A COMPREHENSIVE OVERVIEW.

- NUTRITIONAL BREAKDOWN OF MCDONALD'S APPLE PIE
- INGREDIENTS AND PREPARATION
- HEALTH CONSIDERATIONS AND DIETARY IMPACT
- COMPARISON WITH OTHER FAST FOOD DESSERTS
- TIPS FOR ENJOYING MCDONALD'S APPLE PIE MINDFULLY

## NUTRITIONAL BREAKDOWN OF MCDONALD'S APPLE PIE

UNDERSTANDING THE NUTRITIONAL CONTENT OF MCDONALD'S APPLE PIE IS CRUCIAL FOR MAKING INFORMED DIETARY CHOICES. THIS SECTION PROVIDES A DETAILED ANALYSIS OF THE CALORIES, MACRONUTRIENTS, AND OTHER NUTRITIONAL COMPONENTS FOUND IN ONE SERVING OF THE PIE.

### CALORIES AND MACRONUTRIENTS

A SINGLE SERVING OF MCDONALD'S APPLE PIE TYPICALLY CONTAINS APPROXIMATELY 240 CALORIES. THESE CALORIES COME PRIMARILY FROM CARBOHYDRATES AND FATS, WITH A SMALL AMOUNT OF PROTEIN. THE BREAKDOWN IS AS FOLLOWS:

- **CARBOHYDRATES:** AROUND 34 GRAMS, MOSTLY FROM SUGARS AND STARCHES IN THE CRUST AND APPLE FILLING.
- **FATS:** APPROXIMATELY 11 GRAMS, INCLUDING BOTH SATURATED AND UNSATURATED FATS DERIVED FROM THE FRYING OIL AND PASTRY DOUGH.
- **PROTEIN:** ROUGHLY 2 GRAMS, MAINLY FROM THE DOUGH INGREDIENTS.

THE CARBOHYDRATE CONTENT INCLUDES SUGARS THAT CONTRIBUTE TO THE SWEET TASTE, WHILE THE FAT CONTENT RESULTS FROM THE DEEP-FRYING PROCESS TRADITIONALLY USED TO PREPARE THE PIE. PROTEIN IS MINIMAL BUT PRESENT DUE TO FLOUR AND OTHER INGREDIENTS.

### VITAMINS AND MINERALS

WHILE MCDONALD'S APPLE PIE IS NOT A SIGNIFICANT SOURCE OF VITAMINS AND MINERALS, IT DOES CONTAIN SMALL AMOUNTS OF CERTAIN MICRONUTRIENTS:

- **VITAMIN A:** TRACE AMOUNTS, MAINLY FROM THE CRUST INGREDIENTS.
- **CALCIUM:** MINOR QUANTITIES FROM ENRICHED FLOUR.

- **IRON:** PRESENT IN SMALL AMOUNTS DUE TO THE WHEAT FLOUR USED IN THE CRUST.
- **POTASSIUM:** DERIVED FROM THE APPLE FILLING, THOUGH IN MODEST CONCENTRATIONS.

OVERALL, THE PIE SHOULD NOT BE RELIED UPON FOR SUBSTANTIAL VITAMIN OR MINERAL INTAKE BUT CAN BE ENJOYED AS AN OCCASIONAL TREAT WITHIN A BALANCED DIET.

## INGREDIENTS AND PREPARATION

THE COMPOSITION AND COOKING METHOD OF McDONALD'S APPLE PIE SIGNIFICANTLY INFLUENCE ITS NUTRITIONAL PROFILE. THIS SECTION EXAMINES THE KEY INGREDIENTS AND HOW THE PREPARATION PROCESS AFFECTS THE PIE'S HEALTH ATTRIBUTES.

### CORE INGREDIENTS

THE MAIN COMPONENTS OF McDONALD'S APPLE PIE INCLUDE:

- **APPLE FILLING:** MADE FROM DICED APPLES, SUGAR, CINNAMON, AND THICKENING AGENTS LIKE MODIFIED CORNSTARCH.
- **PASTRY CRUST:** COMPOSED OF ENRICHED WHEAT FLOUR, WATER, SHORTENING, AND SALT.
- **FRYING OIL:** THE PIE IS TRADITIONALLY DEEP-FRIED IN VEGETABLE OIL, WHICH ADDS FAT CONTENT AND CONTRIBUTES TO TEXTURE AND FLAVOR.

THE FILLING IS DESIGNED TO PROVIDE A SWEET, FRUITY FLAVOR WITH A SOFT TEXTURE, WHILE THE CRUST OFFERS A CRISPY AND FLAKY OUTER LAYER.

### PREPARATION METHOD AND ITS NUTRITIONAL IMPACT

McDONALD'S APPLE PIE IS TYPICALLY DEEP-FRIED, A PROCESS THAT INCREASES ITS CALORIE AND FAT CONTENT COMPARED TO BAKED ALTERNATIVES. THE FRYING METHOD ALLOWS THE CRUST TO DEVELOP A GOLDEN-BROWN, CRISPY TEXTURE, BUT IT ALSO INTRODUCES ADDITIONAL OILS AND FATS.

SOME LOCATIONS HAVE TRANSITIONED TO BAKING THE PIES, WHICH CAN REDUCE THE TOTAL FAT CONTENT AND CALORIES. BAKED PIES MAINTAIN A SIMILAR FLAVOR PROFILE BUT OFFER A SLIGHTLY HEALTHIER OPTION.

## HEALTH CONSIDERATIONS AND DIETARY IMPACT

EVALUATING McDONALD'S APPLE PIE NUTRITION INVOLVES UNDERSTANDING ITS ROLE WITHIN A BALANCED DIET AND POTENTIAL HEALTH EFFECTS. THIS SECTION DISCUSSES CONSIDERATIONS RELATED TO CALORIE INTAKE, SUGAR CONSUMPTION, AND FAT CONTENT.

### CALORIC INTAKE AND WEIGHT MANAGEMENT

AT APPROXIMATELY 240 CALORIES PER PIE, McDONALD'S APPLE PIE CAN FIT INTO MANY DAILY CALORIE BUDGETS IF CONSUMED IN MODERATION. HOWEVER, FREQUENT CONSUMPTION OR PAIRING WITH OTHER HIGH-CALORIE ITEMS MAY CONTRIBUTE TO EXCESS CALORIE INTAKE AND WEIGHT GAIN OVER TIME.

### SUGAR CONTENT AND BLOOD SUGAR EFFECTS

THE PIE CONTAINS A NOTABLE AMOUNT OF SUGAR, PRIMARILY FROM THE APPLE FILLING AND ADDED SWEETENERS. THIS CAN CAUSE A RAPID SPIKE IN BLOOD GLUCOSE LEVELS, WHICH MAY BE A CONCERN FOR INDIVIDUALS MANAGING DIABETES OR INSULIN RESISTANCE.

## FAT CONTENT AND HEART HEALTH

WITH AROUND 11 GRAMS OF FAT, INCLUDING SATURATED FATS, THE PIE SHOULD BE CONSUMED MINDFULLY BY THOSE MONITORING THEIR FAT INTAKE FOR CARDIOVASCULAR HEALTH REASONS. DEEP-FRIED FOODS CAN CONTRIBUTE TO INCREASED LDL CHOLESTEROL LEVELS IF EATEN EXCESSIVELY.

## COMPARISON WITH OTHER FAST FOOD DESSERTS

TO CONTEXTUALIZE McDONALD'S APPLE PIE NUTRITION, IT IS USEFUL TO COMPARE IT WITH OTHER COMMON FAST-FOOD DESSERT OPTIONS. THIS ALLOWS A BETTER UNDERSTANDING OF ITS RELATIVE HEALTHFULNESS.

### McDONALD'S APPLE PIE VS. McDONALD'S SUNDAE

WHILE THE APPLE PIE HAS ABOUT 240 CALORIES AND 11 GRAMS OF FAT, A TYPICAL McDONALD'S HOT FUDGE SUNDAE CONTAINS APPROXIMATELY 320 CALORIES AND 9 GRAMS OF FAT. THE SUNDAE HAS MORE SUGAR AND CALORIES BUT SLIGHTLY LESS FAT, PARTLY DUE TO ITS DAIRY CONTENT.

### McDONALD'S APPLE PIE VS. OTHER CHAIN DESSERTS

COMPARED TO DESSERTS LIKE BURGER KING'S CINNAMON STICKS OR WENDY'S FROSTED LEMONADE, McDONALD'S APPLE PIE GENERALLY HAS A MODERATE CALORIE COUNT BUT HIGHER FAT CONTENT BECAUSE OF FRYING. BAKED DESSERT OPTIONS OFTEN HAVE FEWER CALORIES AND FATS BUT MAY CONTAIN SIMILAR SUGAR LEVELS.

- APPLE PIE: ~240 CALORIES, 11G FAT, 34G CARBS
- McDONALD'S SUNDAE: ~320 CALORIES, 9G FAT, 50G CARBS
- BURGER KING CINNAMON STICKS: ~220 CALORIES, 8G FAT, 30G CARBS

## TIPS FOR ENJOYING McDONALD'S APPLE PIE MINDFULLY

TO ENJOY McDONALD'S APPLE PIE WHILE MAINTAINING NUTRITIONAL BALANCE, CONSIDER THE FOLLOWING STRATEGIES TO MODERATE INTAKE AND COMPLEMENT YOUR OVERALL DIET.

### PORTION CONTROL

CONSUMING A SINGLE PIE RATHER THAN MULTIPLE SERVINGS HELPS MANAGE CALORIE AND SUGAR INTAKE. SHARING THE DESSERT OR SAVING HALF FOR LATER CAN ALSO REDUCE OVERCONSUMPTION.

### PAIRING WITH HEALTHIER OPTIONS

BALANCING THE APPLE PIE WITH NUTRIENT-DENSE FOODS SUCH AS FRESH FRUITS, VEGETABLES, OR A LEAN PROTEIN MEAL CAN IMPROVE OVERALL NUTRITIONAL QUALITY AND SATIETY.

### CHOOSE BAKED OVER FRIED WHERE AVAILABLE

OPTING FOR BAKED APPLE PIES, WHEN OFFERED, REDUCES FAT AND CALORIE INTAKE WITHOUT SACRIFICING FLAVOR. CHECKING WITH THE LOCAL McDONALD'S FOR PREPARATION METHODS CAN GUIDE HEALTHIER CHOICES.

### LIMIT FREQUENCY OF CONSUMPTION

ENJOYING McDONALD'S APPLE PIE AS AN OCCASIONAL TREAT RATHER THAN A REGULAR SNACK SUPPORTS BETTER LONG-TERM

## FREQUENTLY ASKED QUESTIONS

### HOW MANY CALORIES ARE IN A McDONALD'S APPLE PIE?

A McDONALD'S APPLE PIE CONTAINS APPROXIMATELY 230 CALORIES.

### WHAT ARE THE MAIN INGREDIENTS IN McDONALD'S APPLE PIE?

THE MAIN INGREDIENTS INCLUDE APPLES, SUGAR, ENRICHED FLOUR, VEGETABLE OIL, CINNAMON, AND VARIOUS PRESERVATIVES AND FLAVORINGS.

### IS McDONALD'S APPLE PIE GLUTEN-FREE?

NO, McDONALD'S APPLE PIE IS NOT GLUTEN-FREE AS IT CONTAINS ENRICHED WHEAT FLOUR.

### HOW MUCH SUGAR IS IN A McDONALD'S APPLE PIE?

A McDONALD'S APPLE PIE CONTAINS ABOUT 12 GRAMS OF SUGAR PER SERVING.

### DOES McDONALD'S APPLE PIE CONTAIN ANY ALLERGENS?

YES, McDONALD'S APPLE PIE CONTAINS WHEAT AND MAY CONTAIN TRACES OF MILK AND SOY DUE TO CROSS-CONTAMINATION.

### IS McDONALD'S APPLE PIE SUITABLE FOR A LOW-FAT DIET?

McDONALD'S APPLE PIE CONTAINS ABOUT 11 GRAMS OF FAT, SO IT MAY NOT BE IDEAL FOR A STRICT LOW-FAT DIET BUT CAN BE ENJOYED OCCASIONALLY IN MODERATION.

## ADDITIONAL RESOURCES

#### 1. *THE NUTRITIONAL BREAKDOWN OF McDONALD'S APPLE PIE*

THIS BOOK OFFERS A DETAILED ANALYSIS OF THE NUTRITIONAL CONTENT FOUND IN McDONALD'S APPLE PIE. IT EXPLORES CALORIES, FATS, SUGARS, AND OTHER MACRO AND MICRONUTRIENTS, HELPING READERS UNDERSTAND WHAT GOES INTO THIS POPULAR FAST-FOOD DESSERT. THE BOOK ALSO COMPARES THE APPLE PIE'S NUTRITION WITH SIMILAR PRODUCTS FROM OTHER FAST-FOOD CHAINS.

#### 2. *FAST FOOD DESSERTS AND THEIR IMPACT ON HEALTH*

FOCUSING ON DESSERTS LIKE McDONALD'S APPLE PIE, THIS BOOK EXAMINES HOW THESE INDULGENCES AFFECT OVERALL HEALTH. IT DISCUSSES THE BALANCE BETWEEN TASTE AND NUTRITION, AND PROVIDES INSIGHTS INTO HEALTHIER ALTERNATIVES. READERS WILL GAIN KNOWLEDGE ON PORTION CONTROL AND MINDFUL EATING HABITS WHEN ENJOYING FAST FOOD TREATS.

#### 3. *INSIDE McDONALD'S KITCHEN: INGREDIENTS AND NUTRITION*

THIS BOOK TAKES READERS BEHIND THE SCENES TO EXPLORE THE INGREDIENTS USED IN McDONALD'S APPLE PIE AND OTHER MENU ITEMS. IT HIGHLIGHTS THE SOURCING, PREPARATION, AND NUTRITIONAL IMPLICATIONS OF THESE INGREDIENTS. THE AUTHOR ALSO ADDRESSES COMMON QUESTIONS ABOUT ADDITIVES, PRESERVATIVES, AND ALLERGENS.

#### 4. *UNDERSTANDING FAST FOOD NUTRITION LABELS*

A PRACTICAL GUIDE TO INTERPRETING NUTRITION LABELS ON FAST FOOD ITEMS, INCLUDING McDONALD'S APPLE PIE. THIS BOOK EDUCATES READERS ON HOW TO READ AND UNDERSTAND THE INFORMATION PROVIDED ON PACKAGING AND RESTAURANT MENUS. IT EMPHASIZES MAKING INFORMED CHOICES BASED ON NUTRITIONAL DATA.

#### 5. *COMPARATIVE STUDY OF FAST FOOD PIES: NUTRITION AND TASTE*

THIS BOOK COMPARES McDONALD'S APPLE PIE WITH SIMILAR PIES FROM OTHER FAST FOOD OUTLETS IN TERMS OF NUTRITION AND TASTE. IT INCLUDES TASTE TESTS, INGREDIENT LISTS, AND NUTRITIONAL BREAKDOWNS TO HELP CONSUMERS MAKE HEALTHIER DESSERT CHOICES. THE BOOK ALSO DISCUSSES INDUSTRY TRENDS AND RECIPE MODIFICATIONS OVER THE YEARS.

#### 6. *HEALTHY EATING AND INDULGENCE: FINDING BALANCE WITH FAST FOOD*

EXPLORING HOW TO ENJOY FAST FOOD ITEMS LIKE McDONALD'S APPLE PIE WITHOUT COMPROMISING HEALTH GOALS, THIS BOOK OFFERS STRATEGIES FOR BALANCED EATING. IT DISCUSSES MODERATION, NUTRITIONAL AWARENESS, AND INCORPORATING INDULGENCES INTO A HEALTHY LIFESTYLE. THE AUTHOR PROVIDES TIPS FOR CUSTOMIZING ORDERS AND CHOOSING COMPLEMENTARY FOODS.

#### 7. *SWEET TREATS IN THE FAST FOOD INDUSTRY: NUTRITION AND MARKETING*

THIS BOOK ANALYZES HOW FAST FOOD COMPANIES MARKET DESSERTS SUCH AS McDONALD'S APPLE PIE AND THE NUTRITIONAL REALITIES BEHIND THESE PRODUCTS. IT EXPLORES MARKETING STRATEGIES AIMED AT DIFFERENT DEMOGRAPHICS AND HOW NUTRITION INFORMATION IS COMMUNICATED. THE BOOK ENCOURAGES CRITICAL THINKING ABOUT ADVERTISING AND FOOD CHOICES.

#### 8. *HOMEMADE VS. FAST FOOD APPLE PIES: A NUTRITIONAL COMPARISON*

THIS BOOK COMPARES THE NUTRITION OF McDONALD'S APPLE PIE WITH HOMEMADE VERSIONS, HIGHLIGHTING DIFFERENCES IN INGREDIENTS, PREPARATION METHODS, AND HEALTH IMPACTS. IT PROVIDES RECIPES FOR HEALTHIER HOMEMADE APPLE PIES AND TIPS FOR REDUCING SUGAR AND FAT. READERS LEARN TO APPRECIATE THE NUTRITIONAL TRADE-OFFS OF CONVENIENCE FOODS.

#### 9. *FAST FOOD NUTRITION MYTHS AND FACTS: THE CASE OF McDONALD'S APPLE PIE*

ADDRESSING COMMON MISCONCEPTIONS ABOUT McDONALD'S APPLE PIE, THIS BOOK SEPARATES FACT FROM FICTION REGARDING ITS NUTRITIONAL CONTENT AND HEALTH EFFECTS. IT PRESENTS SCIENTIFIC RESEARCH AND EXPERT OPINIONS TO CLARIFY MISUNDERSTANDINGS. THE BOOK AIMS TO EQUIP READERS WITH ACCURATE INFORMATION FOR BETTER DIETARY DECISIONS.

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**mcdonald s apple pie nutrition: Visualizing Nutrition** Mary B. Grosvenor, Lori A. Smolin, 2009-11-16 This comprehensive book provides nutritionists with an easy-to-understand overview of key concepts in the field. The material is presented along with vivid images from the National Geographic Society, illustrations, and diagrams. Numerous pedagogical features are integrated throughout the chapters, including Health and Disease, Wellness, and Making Sense of the Information that make the material easier to understand. By following a visual approach, nutritionists will quickly learn the material in an engaging way.

**mcdonald s apple pie nutrition: Jane Brody's Nutrition Book** Jane E. Brody, 1981 A guide to nutrition emphasizing good eating habits to preserve good health.

**mcdonald s apple pie nutrition: Elementary Physical Education: Student Assessment and Lesson Plan Workbook** Inez Rovegno, Professor Emeritus University of Alabama Tuscaloosa Inez Rovegno, Dianna Bandhauer, 2012-03 The Student Assessment and Lesson Plan Workbook includes additional resources to complement the contents of Elementary Physical Education: Curriculum and Instruction. Students will benefit from additional assessment tools to evaluate and improve their teaching. In addition, students are provided with over 30 lesson plans and learning experiences to build their teaching tool-box.

**mcdonald s apple pie nutrition: The Complete Nutrition Counter-Revised** Lynn Sonberg, 2008-01-02 Newly updated and easy-to-use A-to-Z listings of brand names and whole foods. All the information readers will ever need to know about what they eat in one handy guide. Counters are included for all the food essentials including calories, proteins, total fat, saturated fat, trans fat, cholesterol, sodium, calcium, iron, carbohydrates and fiber.

**mcdonald s apple pie nutrition: Eat Well & Keep Moving 3rd Edition** Cheung, Lillian, Dart, Hank, Kalin, Sari, Otis, Brett, Gortmaker, Steven, 2015-11-03 Eat Well & Keep Moving, Third Edition, includes thoroughly updated nutrition and activity guidelines, multidisciplinary lessons for fourth and fifth graders, eight core Principles of Healthy Living, and a new Kid's Healthy Eating Plate to help kids make healthy food choices.

**mcdonald s apple pie nutrition: The Complete Idiot's Guide to Total Nutrition** Joy Bauer, 2005 As fad diets come and go, one aspect of all health and diet remains and even continues to grow in emphasis - the importance of good nutrition. Good health is priority number one, especially for parents bringing up children in a world of junk food. No matter what your diet or whether you work in a cubical or are training as an athlete, nutrition is your number one consideration. In the fourth edition of The Complete Idiot's Guide to Total Nutrition, readers will find- Everything you need to know to ensure that you and your family are getting the best nutrition possible How to get the needed vitamins and minerals you need daily in your food How to shop smart for food What you need to know about fats and cholesterol

**mcdonald s apple pie nutrition: 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.

**mcdonald s apple pie nutrition: Eat Well & Keep Moving** Lilian W. Y. Cheung, 2007 This curriculum programme is for teachers of children in the nine to 10 years group. It shows how to instruct students about nutrition and fitness, and how to get support from school catering staff, fellow teachers and community members.

**mcdonald s apple pie nutrition: Physical Fitness Coordinator's Manual for Fire Departments ,**

**mcdonald s apple pie nutrition: Nutrition Perspectives , 1977**

**mcdonald s apple pie nutrition: Nutrition Labeling and Information** United States. Congress. Senate. Committee on Agriculture, Nutrition, and Forestry. Subcommittee on Nutrition, 1978

**mcdonald s apple pie nutrition: Somebody Help Me** Dr Michael Cooper, 2013-03-01 How to lose weight without feeling hungry. Are you trying to lose weight? Tried all the diets and read all the books - and you're still too heavy and hungry? Experienced obesity consultant Doctor Michael Cooper explains clearly and simply which foods to eat and which foods to avoid in order to achieve your goal weight without feeling constant pangs of hunger. Easy-to-understand text and an index of specific foods to enjoy or avoid, plus top tips for success. Professor Harvey White, Director of Coronary Care and Greenlane Cardiovascular Research Unit at Auckland City Hospital, wrote of Somebody Help Me!: 'The book is written in such a way that is easy to read with a lovely turn of phrase which compelled me to want to turn the page and read the next section. I highly recommend the extensive and practical appendix.' Associate Professor Clifford Tasman-Jones, former Head of Human Nutrition, Auckland Medical School, University of Auckland, and past Chairman, New Zealand Nutrition Foundation, said that the way questions were addressed reflected 'the clinical acumen and confidence the author has acquired from the successful management of individuals with an excess weight issue'. Professor Emeritus Ranginui Walker recommended the book as 'a lucid

layman's guide to healthy eating as a solution to the problem of morbid obesity and its downstream effects of type 2 diabetes that is so prevalent among the Maori sector of our population'.

**mcdonald s apple pie nutrition:** *In Search of the Perfect Peach* Franco Fubini, 2024-09-19  
WITH A FOREWORD FROM TIM SPECTOR, author of *The Diet Myth*, *Spoon-Fed* and *Food for Life*  
Named BBC Radio 4's *The Food Programme* Book of the Year, chosen by Dan Saladino Fubini takes readers on a tour—from tomato growers in Italy to flower farmers in Cornwall to citrus groves in California . . . [and] makes a compelling case for strengthening the connections between consumers and farmers.—Civil Eats A pioneering approach.—Anna Jones, cook and bestselling author of *Easy Wins* Let flavour guide our food choices – and lead us to a better food future. *In Search of the Perfect Peach* shows us how this simple desire can bring about a healthier, tastier and brighter future for our food, the people who produce it and the soil it grows in. That first bite of a perfectly ripe peach can be truly transformative – a joyful moment that will stay with you forever. For Franco Fubini, founder and CEO of Natoora, this encounter also leads him to realise that flavour is not simply a fleeting, visceral experience but a window into the farmer, a connection to our natural environment and a taste test for our food system. What makes a great-tasting tomato? Why is scarring on a greengage a good sign? Does 'eating local' narrow our priorities to the exclusion of others? *In Search of the Perfect Peach* follows Franco as he navigates the food system in pursuit of this elusive element. As he takes us from Sicily's citrus groves to the streets of Mexico City, he shows how we have allowed the wider industry to compromise on more than just flavour. Franco's search for the Greta peach culminates in his own clarity and conviction: by looking to flavour, we can unpick the industrialisation of our food production, restore nutrition and seasonal diversity to our plates and the craft of growing back to our landscapes. And, above all, we can find that perfect peach every summer. This exciting and important book now brings Natoora and all its ingredients not just to restaurants like ours but ... to everyone's home.—Ruth Rogers, chef and co-founder of *The River Cafe* An incredible read for those who love food and care about its future. *In Search of the Perfect Peach* is both a love story and technical guide.—Kyle Connaughton, chef and owner of *SingleThread Farm, Restaurant and Inn* By valuing and reclaiming flavour, Franco argues that we can transform the system and also enrich our relationship with food. Essential reading.—Dan Saladino, journalist, broadcaster and author of *Eating to Extinction*

**mcdonald s apple pie nutrition:** *The Calorie, Carb and Fat Bible 2011* Juliette Kellow, Lyndel Costain, Laurence Beeken, 2011 This guide is designed for quick reference and ease of use. It contains full nutritional information, including individual serving sizes, for each food listed. It covers healthy diets, exercise, diet myths and advice for losing weight safely.

**mcdonald s apple pie nutrition:** *The People's Nutrition Encyclopedia* Lynne S. Hill, 1987 An ambitious one-volume nutrition counter providing statistics for over 9,000 basic and brand name foods.

**mcdonald s apple pie nutrition:** *Complete Guide to Wellness* Bellingham Rick, Richard Bellingham, Barry Cohen, 2001

**mcdonald s apple pie nutrition:** *The Vegetarian Sports Nutrition Guide* Lisa Dorfman, 2008-04-21 Exercise, train, and compete at your best on a vegetarian diet. Few segments of the population are more mindful of their food intake than athletes and vegetarians. This book combines the unique demands of sports with a healthy vegetarian diet that can help you build energy and endurance and reduce body fat. Whether you are carbo-loading before a marathon or fine-tuning nutrition to get the most out of your workout, registered dietitian and elite vegetarian athlete Lisa Dorfman provides step-by-step information on how to customize your own sport-specific nutrition program and calculate a personal dietary plan for training *The Vegetarian Sports Nutrition Guide* includes personal stories of athletes who have made the switch to vegetarian diets from football players and wrestlers to ice skaters and marathoners, some of whom have beaten life-threatening illnesses with the help of this lifestyle. Lisa Dorfman provides a rich array of tasty and diverse vegetarian recipes, menus, easy-to-use charts, and food guides for vegetarians of all types, from the semi-vegetarian to the fruitarian. She also shares the training secrets of seventeen Olympic and

world-class athletes who have used their vegetarian diets to achieve peak performance in their careers and optimum health in their lives.

**mcdonald s apple pie nutrition:** 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.

**mcdonald s apple pie nutrition:** **The Calorie** Juliette Kellow, 2007 This guide is designed for quick reference and ease of use. It contains full nutritional information, including individual serving sizes, for each food listed. It covers healthy diets, exercise, diet myths and advice for losing weight safely.

**mcdonald s apple pie nutrition:** *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.

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