


THE NUTRIBASE GUIDE TO CARBOHYDRATES CALORIES & FAT IN YOUR FOOD

Over 30,000 food products including brand name and generic foods, specialty foods, low-fat foods, health foods, and snacks. Whether you are concerned about your carbohydrate intake for weight loss, to improve athletic performance, or for diabetes management, here is the timely reference you need to shop wisely.



Nutrition Facts
Serving Size 1/2 cup (114g)
Servings Per Container 4

Per Serving
Calories from Fat 30

| | % Daily Value* |
|----------------------|----------------|
| Total Fat 5g | 5% |
| Calories 90 | 0% |
| Carbohydrate | 0% |
| Sodium 300mg | 13% |
| Saturated Fat | 4% |
| | 12% |

*Percent Daily Values are based on a diet of other people's misdeeds.

| Nutrient | Less than | 2,000 Calories diet | 2,500 Calories diet |
|--------------------|-----------|------------------------|------------------------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 375g | 375g |
| Fiber | | 30g | 30g |

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

DR. ART ULENE

Nutribase Guide To Sodium Calories And Fat In Your Food

The logo features a light blue horizontal bar with a rounded right end. To the right of this bar is a red circular graphic with a white center, resembling a stylized 'C' or a target.

Nutribase

Nutribase Guide To Sodium Calories And Fat In Your Food:

Whispering the Strategies of Language: An Psychological Quest through **Nutribase Guide To Sodium Calories And Fat In Your Food**

In a digitally-driven earth wherever screens reign great and quick transmission drowns out the subtleties of language, the profound techniques and psychological nuances hidden within phrases often go unheard. Yet, set within the pages of **Nutribase Guide To Sodium Calories And Fat In Your Food** a charming fictional prize pulsating with fresh emotions, lies an extraordinary quest waiting to be undertaken. Published by a skilled wordsmith, this marvelous opus attracts readers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within ab muscles fabric of each word. Within the emotional depths of the moving evaluation, we can embark upon a genuine exploration of the book is key subjects, dissect their captivating publishing style, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

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