

THE NUTRIBASE COMPLETE

FAST FOOD RESTAURANT

NUTRITION COUNTER

Whether you're concerned about fat and calorie intake for health reasons, diet goals, or just watching what you eat, here is the only reference you will need to make smart and healthy dining decisions when you are dining out or taking out. Over 3,000 menu entries are listed including beverages, burgers, appetizers, entrees, desserts and much more.



Nutrition Facts

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

Amount Per Serving

Calories from Fat 30

% Daily Value*	
5%	
0%	
0%	
13%	
4%	
12%	

*Percent Daily Values are based on a 

Nutrient	2,000 Calories	2,500 Calories
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Fiber	Less than 30g	30g
Calories per gram:		
Fat 9 • Carbohydrates 4		

DR. ART ULENE

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amount of protein carbohydrates fat grams and total calories in each food item in short everything you need to help you compare foods and shop smartly The NutriBase Guide to Sodium, Calories and Fat in Your Food Arthur Ulene,1995 This book lists over 30 000 food items and provides you with the total calories sodium and fat for each item So if you are watching your sodium because of high blood pressure or just for smart health this book is a great way to make healthy eating easier

NutriBase Guide to Fat and Cholesterol NutriBase,2001 Including listings for saturated and unsaturated fats calories and cholesterol this book is the perfect guide to help dieters make smart choices in food selection

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