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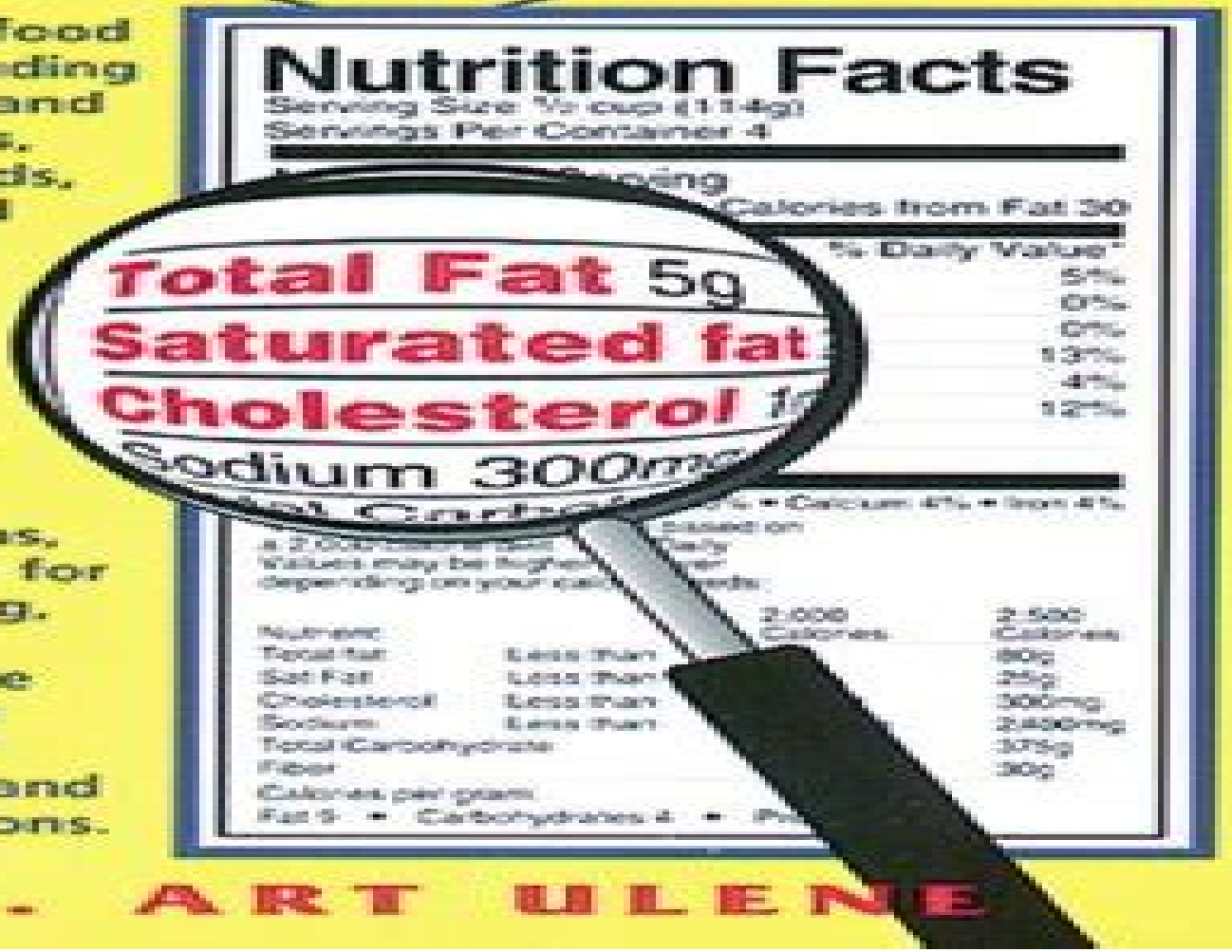
THE NUTRIBASE GUIDE TO

FAT & CHOLESTEROL IN YOUR FOOD

Over 30,000 food products including brand name and generic foods, specialty foods, fast food and restaurant meals. Whether you're concerned about fat & cholesterol intake for health reasons, diet goals, or for meal planning, here is the only reference you will need to make food comparisons and buying decisions.



DR. ART ULENE

Nutribase Guide To Fat And Cholesterol In Your Food

Adele Puhn,Karla Dougherty

Nutribase Guide To Fat And Cholesterol In Your Food:

The NutriBase Guide to Fat & Fiber in Your Food Nutribase,2001 The NutriBase Nutrition Facts Desk Reference is an essential tool for monitoring the nutritional value of your diet Recognized by health experts as the best source of information on food values it is widely used by physicians nutritionists and health conscious consumers alike This completely revised and updated second edition has more than 40 000 entries for generic brand name prepared and specialty foods including fast foods and restaurant meals Alphabetical listings include the amount of calories carbohydrates sodium protein fiber fat saturated fats cholesterol and percentage of calories from fat in short everything needed to analyze diet and nutrition Many nutritionists advise a reduction in fat and a simultaneous increase in fiber for optimal health With more than 40 000 entries this book helps readers identify the best foods for weight loss and disease prevention **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 *The Nutribase Guide to Fat & Cholesterol in Your Food* Art Ulene,1995 High fat and cholesterol diets have been directly linked to heart disease high blood pressure atherosclerosis and cancer This pocket guide makes it easier for you to make healthy eating choices by providing information on fat saturated fats calories and cholesterol in over 30 000 food items The NutriBase Guide to Carbohydrates, Calories, and Fat NutriBase,2001-11-12 Dieters everywhere are reducing carbohydrate consumption and this book is the perfect tool to accompany any low carb plan Also useful for diabetics **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 The NutriBase Guide to Fast-Food Nutrition 2nd ed. NutriBase,2001-11-12 This handy pocket reference fits nicely into a briefcase or purse and will help anyone make smart choices while eating on the run Includes more than sixty five chains in alphabetical order **The Nutribase Guide to Carbohydrates, Calories and Fat in Your Food** Arthur Ulene,1995 This pocket sized reference makes it easy to compare calories fat and carbohydrates in over 30 000 food items So whether you are concerned about carbohydrate intake for weight loss athletic performance or diabetes management this books is a great way to make healthy eating easier **The Publishers Weekly** ,1995 *The Me I Knew I Could Be* Crystal Phillips,2010-04-01 Six years ago Crystal Phillips was miserable unhappily married and suicidal At 292 pounds it seemed as though her life was over and that there was no way to climb out of the hopelessness Through food she was slowly killing herself But the death of Crystal s beloved brother made her realize several powerful things life is too precious to waste and our purpose here is to live as fully and as we can Through this realization Crystal found within herself the strength to make a change In The Me I Knew I Could Be you will discover The power of journaling How to be prepared for emotional setbacks How to eat well and take care of yourself without deprivation Delicious recipes for favorite comfort

foods and how to make them light and healthy Two weeks of sample menus Empowering stories of other women who lost weight in Crystal s Through Thick and Thin Workshop How to form your own fitness workshop The Me I Knew I Could Be is both the inspiring personal story of Crystal s weight loss and a practical helpful usable guide for anyone who wants to lose weight get healthy and embrace life **The NutriBase Complete Book of Food Counts** NutriBase,2001-11-12 This comprehensive reference lists more than 40 000 food items complete with nutritional content for calories fat cholesterol protein carbohydrates sodium and fiber Serving size information makes healthful food choices quick and easy *The Nutribase Complete Book of Food Counts* Arthur Ulene,1996 This handy reference makes it easy for you to quickly find the nutritional information on over 30 000 different food items It provides information on calories fat cholesterol protein carbohydrates sodium and fiber for easy comparison Each food product is broken down into serving sizes to make food choices as simple and quick as possible **The NutriBase Nutrition Facts Desk Reference** ,2001 From abalone to zucchini this easy to use reference provides information that helps monitor the nutritional intake of thousands of food products *The 5-Day Miracle Diet Companion* Adele Puhn,Karla Dougherty,1996 Daily journal pages to write down what you ate how you felt how you kept moving and a Daily Adele dose to keep you inspired Cover Includes recipes weekly assessments and anecdotes **Diabetes Medical Nutrition Therapy** Harold J. Holler,Joyce Green Pastors,1997 Provides guidance to dietitians nurse educators and persons with diabetes during the various stages of diabetes medical nutrition therapy Focuses on diabetes management diabetes nutrition education and basic and in depth nutrition intervention Emphasizes the need to individualize meal plans *American Book Publishing Record* ,1995 Books in Print ,1991

Medical and Health Care Books and Serials in Print ,1997 **50 Essential Things to Do when the Doctor Says It's Diabetes** Diana Tonnessen,1996 Medical writer Diana Tonnessen reveals that contrary to popular belief the recommendations for staying healthy for people with diabetes are no different from those who do not have the disease The key is knowing all the facts and this essential resource is packed with the most current medical information available

Fast Food Restaurant Nutrtion Counter Arthur Ulene,1995-10 This handy reference makes it easy for you to quickly find the nutritional information on over 30 000 different food items It provides information on calories fat cholesterol protein carbohydrates sodium and fiber for easy comparison Each food product is broken down into serving sizes to make food choices as simple and quick as possible *Hospitality Clues for the Clueless* Christopher D. Hudson,1999 This book shows how Christians make their homes warm friendly and comforting places to welcome guests and share the gospel

Embracing the Track of Term: An Emotional Symphony within **Nutribase Guide To Fat And Cholesterol In Your Food**

In a global taken by displays and the ceaseless chatter of instant communication, the melodic splendor and mental symphony developed by the published term usually fade into the backdrop, eclipsed by the relentless sound and distractions that permeate our lives. However, nestled within the pages of **Nutribase Guide To Fat And Cholesterol In Your Food** a stunning fictional prize filled with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that captivating masterpiece conducts viewers on a mental trip, skillfully unraveling the concealed tunes and profound impact resonating within each cautiously crafted phrase. Within the depths of the emotional examination, we shall explore the book is main harmonies, analyze its enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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