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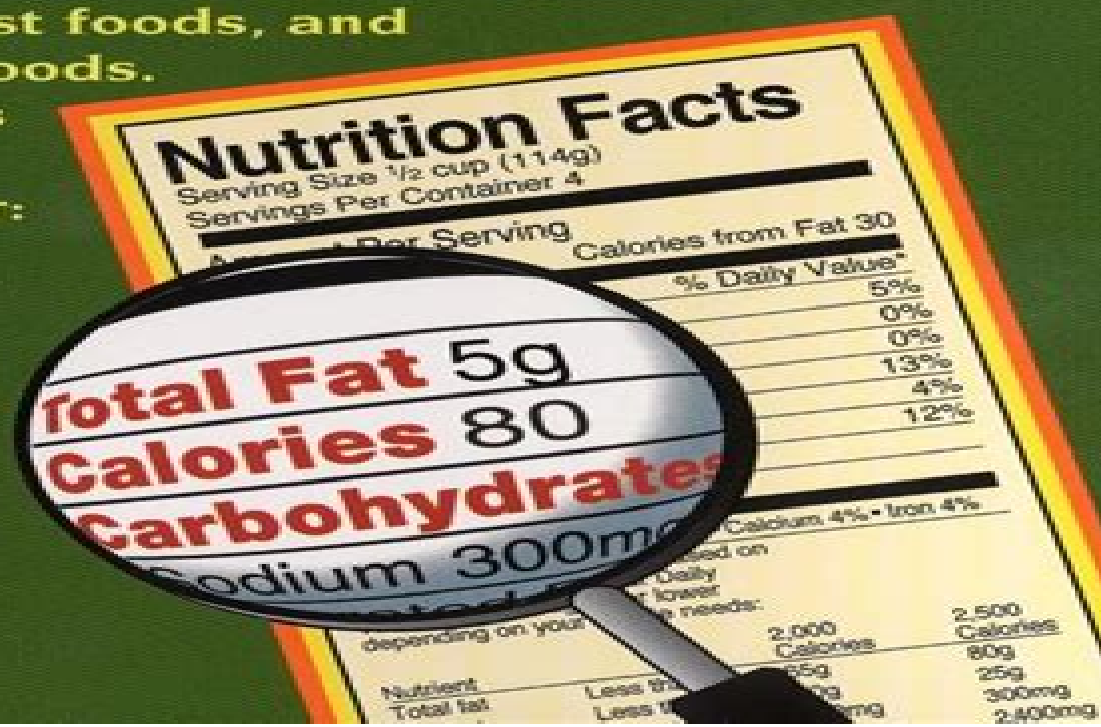
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# Carbohydrates, Calories & Fat

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chain-restaurant foods.

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accurately, with  
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- Carbohydrates
- Calories
- Fat



# Nutribase Guide To Carbohydrates Calories And Fat In Your Food

**Michal Rosen-Zvi**



## **NutriBase Guide To Carbohydrates Calories And Fat In Your Food:**

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**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 Protein, Carbohydrates & Fat* NutriBase,2001-11-12 Dieters everywhere are trying their best to reduce their carbohydrate consumption and increase their protein consumption at the same time in the hopes of losing a few inches around their waistline Whether you are trying to keep to a diet or you have a more serious medical condition such as diabetes that limits your carb intake here is the perfect guide to help you make informed decisions about healthy eating The NutriBase Guide to Protein Carbohydrates Fat contains listings for 40 000 plus food products more than any other book on the market including brand name and generic items specialty foods fast foods and chain restaurant meals This handy reference tells you the 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 **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 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 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 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     Feeding Ecology in Apes and Other Primates Gottfried Hohmann,Martha M. Robbins,Christophe Boesch,2006-10-19 Publisher Description     **The Publishers Weekly** ,1995

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