


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 secrets.

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

Daniel Gastelu, Frederick C. Hatfield



Nutribase Guide To Sodium Calories And Fat In Your Food:

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 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 *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 book is a great way to make healthy eating easier *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 [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 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 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 *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 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 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 Publishers Weekly ,1995 **Subject Guide to Books in Print** ,1991 Fast Food Restaurant Nutrition 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 **Dynamic Nutrition for Maximum Performance** Daniel Gastelu,Frederick C. Hatfield,1997 A complete nutritional guide for peak sports performance **Books in Print** ,1991 **The Christian Outlook** ,1999 **Medical and Health Care Books and Serials in Print** ,1997 *Que's Official Internet Yellow Pages* Joe Kraynak,2005 Information online is not stored or organized in any logical fashion but this reference attempts to organize and catalog a small portion of the Web in a single resource of the best sites in each category **The NutriBase Guide to Carbohydrates, Calories, and Fat in Your Food** ,2001 **International Journal of Sport Nutrition** ,1995

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