

THE SOURCEBASE GUIDE TO

SODIUM CALORIES & FAT IN YOUR FOOD

Over 30,000 food products including specialty foods, brand name and generic foods, fast food and restaurant meals. So if you are concerned about your sodium intake to control high blood pressure here is the only reference you will need to make food comparisons and buying decisions.

Nutrition Facts

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Journal of Internal Medicine 255: 105–114

100

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100

Sodium 3

Total Fat

Calories

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DR. ART ULENE

Nutribase Guide To Sodium Calories And Fat In Your Food

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