

# Nutrition Facts

4 servings per container  
**Serving size** 1 cup (227g)

Amount per serving  
**Calories** 280

	% Daily Value*
<b>Total Fat</b> 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 850mg	37%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
includes 0g Added Sugars	0%
<b>Protein</b> 15g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 320mg	25%
<b>Iron</b> 1.6mg	8%
<b>Potassium</b> 510mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. Serving Information

2. Calories

3. Nutrients

4. Quick Guide to percent Daily Value (%DV)

- 5% or less is low
- 20% or more is high

# Nutrition Facts Manual A Quick Reference

**Ira Wolinsky, Judy A. Driskell**



## **Nutrition Facts Manual A Quick Reference:**

**Nutrition Facts Manual**, 1995      **Nutrition Facts Manual** Abby S. Bloch, Maurice Edward Shils, 1996 Compilation of the appendices from Modern Nutrition in Health and Disease eighth edition 1994 by Maurice Shils a Brandon Hill selection Useful reprint of nutrition related charts graphs and tables DNLM Nutritional Requirements tables      Sports Nutrition Ira Wolinsky, Judy A. Driskell, 1996-11-18 Research indicates that work capacity oxygen consumption and other measures of physical performance by individuals particularly athletes are affected by the deficiency or borderline deficiency of specific vitamins or trace elements essential to good nutrition Sports Nutrition Vitamins and Trace Elements addresses the relationships of vitamin and trace element needs and interactions to sports and exercise This book critically reviews research claims regarding the effect of vitamins and trace elements or lack of on athletes performance Controversial studies reporting that large doses or megadoses of vitamins and trace elements improve physical performance are discussed and evaluated Each chapter is devoted to one or more specific vitamins or trace elements providing a complete profile of that particular nutrient and the role it plays Scientists from a variety of disciplines have contributed their expertise making this an authoritative and multi faceted look at vitamins and trace elements as they relate to exercise and sport performance

**International Journal of Sport Nutrition**, 1997      Surgical Research Wiley W. Souba, Douglas W. Wilmore, 2001-02-23 With the recent changes in the health care industry surgeons face increasing pressure to devote their time to their clinical activities thus limiting their research efforts It is essential that young and creative individuals are encouraged to perform research and are given incentives to participate in research under the mentorship of more experienced research investigators Surgical Research is the first book to include all the information necessary for the surgical scientist to perform a research experiment The editors have assembled outstanding expert investigators in multiple surgical fields and asked them to describe how they achieve their research accomplishments In Surgical Research these experts in the field have outlined everything involved in preparing and conducting a research project Some of the topics covered in the book include how to state a research question how to review the available information how to write research protocol how to obtain grant money for the experiment how to analyze the data and how to present the findings Also discussed are the ethics of animal and human experimentation along with the history and philosophy of surgical research To continue to advance technologies and surgical methods research must continually be performed Potentially great discoveries are being missed because would be researchers do not know where to start or how to conduct research and therefore do not even try This book provides prospective researchers with all the basic steps needed to perform a research experiment in the surgical field No student resident or fellow should start a research project without this book and no senior surgical scientist should be without it occupying a prominent position in the library Key Features The first complete compendium detailing the process and procedures to perform surgical research Provides details on and compares various methodologies A must have

resource for the surgical resident fellow or scientist Includes a listing of resources and web sites to help the researcher even further

**The Health Professional's Guide to Dietary Supplements** Shawn M. Talbott, Kerry Hughes, 2007 This quick glance reference helps students and health professionals educate themselves and their patients clients about the scientific evidence for and against more than 120 popular dietary supplements Supplements are logically grouped into 12 chapters based on their primary desired effect such as weight loss joint support and sports performance enhancement The authors give each supplement a one to five star rating based on the level of scientific substantiation for each of its major claimed effects The book highlights crucial safety issues regarding each supplement and sets forth recommended dosages for particular effects A quick reference appendix lists all the supplements alphabetically with their star ratings

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