

The NutriBase  
Guide to

# Fat & Fiber

Completely  
Revised and  
Updated

Entries for more than 40,000 food products,  
including brand-name and generic foods,  
specialty foods, fast foods, and  
chain-restaurant foods.

Compare products  
accurately, with  
listings for:

- Sodium content
- Fat content
- Calories
- Percentage of calories from fat



# Nutribase Guide To Fat Fiber In Your Food

**N Colangelo**



## **NutriBase Guide To Fat Fiber 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 **The NutriBase Guide to Fat & Fiber in Your Food** ,2001 **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 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 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 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 and Fiber in Your Food Arthur Ulene,1995 Diets high in fat and low in fiber have been directly linked to weight gain and numerous chronic disorders This pocket guide makes it easier for you to make healthy eating choices by providing information on fat and fiber grams as well as the total calorie count on over 30 000 food items **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 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 **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

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