

# Nutrition Facts

About 11 servings per container

Serving size

1 cup (40g)

	Whole Grain Total	with 1/2 cup skim milk
<b>Calories</b>	<b>140</b>	<b>180</b>
	% DV**	% DV**
<b>Total Fat</b> 1g*	<b>1%</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>2%</b>
<b>Sodium</b> 190mg	<b>8%</b>	<b>10%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>	<b>15%</b>
Dietary Fiber 4g	<b>14%</b>	<b>14%</b>
Total Sugars 6g		
Incl. Added Sugars 5g	<b>11%</b>	<b>10%</b>
<b>Protein</b> 3g		
Vitamin D 2mcg	10%	15%
Calcium 40mg	2%	15%
Iron 18mg	100%	100%
Potassium 140mg	2%	8%
Vitamin A	10%	20%
Vitamin C	100%	100%
Vitamin E	100%	100%
Thiamin	100%	100%
Riboflavin	100%	120%
Niacin	100%	100%
Vitamin B <sub>6</sub>	100%	100%
Folate (235mcg folic acid)	100%	100%
Vitamin B <sub>12</sub>	100%	120%
Pantothenic Acid	100%	100%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	100%	100%

\* Amount in cereal. A serving of cereal plus skim milk provides: 1g Total Fat, less than 5mg Cholesterol, 240mg Sodium, 40g Total Carbohydrate (12g Total Sugars), 6g Protein, 2mcg Vitamin D, 190mg Calcium, 18mg Iron, and 340mg Potassium.

\*\* 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.

**Ingredients: Whole Wheat, Sugar, Corn Syrup, Salt. Vitamin E (mixed tocopherols) Added to Preserve Freshness.**

**Vitamins and Minerals: Vitamin C (sodium ascorbate), Vitamin E Acetate, Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), A B Vitamin (calcium pantothenate), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>2</sub> (riboflavin), Vitamin B<sub>1</sub> (thiamin mononitrate), A B Vitamin (folic acid), Vitamin A (palmitate), Vitamin B<sub>12</sub>, Vitamin D<sub>3</sub>.**

**CONTAINS WHEAT; MAY CONTAIN ALMOND INGREDIENTS.**

# Nutrition For DummiesR

**Liyong Dong**



## **Nutrition For DummiesR:**

*Nutrition For Dummies* Carol Ann Rinzler, 2006-06-12 You've been hearing it since you were a little kid: You are what you eat. But unlike most of the adages you've long since debunked, this wise saying is true. Good nutrition is the key to achieving and maintaining a healthy weight and lifelong good health, no matter how you slice it. This edition of *Nutrition for Dummies* has been updated with the latest revisions of the Dietary Guidelines for Americans, new recommended daily allowances for all the nutrients a healthy body needs, plus the real low-down on all the conflicting opinions about vitamins and minerals, protein, fats, and carbs. You'll discover how to interpret nutrition labels, prepare delicious healthy meals, keep nutrients in food even after cooking, eat smart when eating out, evaluate dietary supplements. *Nutrition for Dummies* Fourth Edition is a one-size-fits-all guide to nutrition for anyone who may have fallen asleep in health class, wants to brush up on what they already know, or is looking to keep up to speed on all the latest guidelines and research. It shows you how to manage your diet so you can get the most bang for your buck, calories, and gives you the skinny on how to put together a healthy shopping list, how to prepare foods that are good for the body and the soul, and ten easy ways you can cut calories. An apple a day may not necessarily keep the doctor away, but with the simple guidance of *Nutrition for Dummies*, you can live happily and healthily ever after.

*Nutrition For Dummies, UK Edition* Nigel Denby, Sue Baic, Carol Ann Rinzler, 2010-11-17 In this fully updated second edition, expert dietitians Sue Baic and Nigel Denby provide no-nonsense advice, equipping you with all the information you need to make informed decisions about your diet. The book acts as a sound reference point if you want to know the facts about food and debunks the myths behind fad diets. *Nutrition For Dummies* 2nd Edition provides a detailed understanding of the nutritional breakdown of different food groups and examines the relationship food has with one's physical and mental wellbeing. The book also advises you on how to establish healthy eating patterns and how to maximise the health benefits of what you eat. This new edition includes approx 20% new and updated material, including new chapters on nutrition in institutions and how to eat healthily on the go. New content also includes up-to-date health guidelines and government policies, information on probiotics, and over-the-counter weight loss drugs, plus advice on how to eat well on a budget. *Nutrition For Dummies* 2nd Edition includes:  
Part I: The Basic Facts about Nutrition  
Chapter 1: What's Nutrition Anyway?  
Chapter 2: Digestion: The 24-Hour Food Factory  
Chapter 3: Why You Eat What You Eat and Like What You Like  
Part II: What You Get from Food  
Chapter 4: Powerful Protein  
Chapter 5: The Lowdown on Fat and Cholesterol  
Chapter 6: Calories: The Energisers  
Chapter 7: Carbohydrates: A Complex Story  
Chapter 8: The Alcohol Truth: The Whole Truth  
Chapter 9: Vigorous Vitamins  
Chapter 10: Mighty Minerals  
Chapter 11: Fabulous Phytochemicals  
Chapter 12: Water Works  
Part III: Healthy Eating  
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Chapter 14: Making Wise Food Choices  
Chapter 15: Ensuring Good Nutrition, Whoever You Are  
NEW Chapter 16: Eating in Institutions  
NEW Chapter 17: Being Nutritionally Savvy on the Go  
Part IV: Processed Food  
Chapter 18: What Is Processed Food?  
Chapter 19: Cooking and Keeping Food  
Chapter 20: Weird Science: Examining Food

Additives Part V Food and Health Chapter 21 Food and Allergies Chapter 22 Food and Mood Chapter 23 Food and Medicine Chapter 24 Food and Dietary Supplements Part VI The Part of Tens Chapter 25 Ten Nutrition Web Sites You Can Trust Chapter 26 Ten Superfoods Chapter 27 Ten Fad Diets The Truth Behind the Headlines      **Nutrition for Dummies** Carol Ann Rinzler,2009-11-02 Making everything easier Front cover      **Food and Nutrition for Dummies** Lily Stojanovska,Carol Ann Rinzler,2008 A Dummies guide which provides clear answers and compares different types of diets the diet requirements of various age groups nutrition through different life stages getting kids to eat healthily nutrition for teenagers pregnant women and the elderly and diet fads and their effectiveness With the rising epidemics of childhood obesity and adult onset diabetes in Australia this book will appeal to parents and middle aged people wanting a plain English guide that provides clear answers It would also appeal to pregnant women and elderly women worried about nutritional requirements Sections include Part I The Basic Facts about Nutrition Part II What You Get from Food Part III Healthy Eating Part IV Life Cycle Nutrition Part V Food Processing Part VI Food and Medicine Provided by publisher      The GL Diet For Dummies Nigel Denby,Sue Baic,2011-03-31 If you re sick of no carb diets or just looking for a healthy eating plan then the GL Diet is for you No more calculations no calorie counting and no more cravings for carbs as long as you stick to foods that are low in GL you can stay healthy and lose weight without having to go without The GL Diet For Dummies explains the science behind the plan helps you to incorporate GL into your everyday life and gives readers 80 recipes to try      Nutrition For Dummies Carol Ann Rinzler,2003-11-21 Do you want fries with that You probably know the right answer to that question from a nutritional standpoint In fact if you re among the 60% of Americans who are overweight you probably know that you should forgo the burger too But good nutrition isn t just about eating less it s about eating right whether you weigh in at 95 or 295 A perennial favorite Nutrition for Dummies 3rd Edition is packed with practical sensible advice on healthy eating cutting calories and finding a good nutritional balance Balance is the key word This book helps you make wise food choices and maintain a healthy weight and lifestyle You ll discover how to Interpret nutritional labels and distinguish good fat from bad Preserve nutrients when cooking Meet your nutritional needs if you are a vegetarian or a vegan Eat smart when you re eating out Select a weight loss plan that works Written by Carol Ann Rinzler the author of 20 books on food and health including Nutrition for Dummies and Controlling Cholesterol For Dummies this classic guide has been extensively updated over 25% of the material is new and covers the latest information on nutrition including The lowdown on fat and cholesterol New information on genetically engineered foods and biotechnology Clarified Dietary Guidelines for Americans including an updated list of the Recommended Dietary Allowances RDAs The scoop on energy drinks and trans fats Complete with a list of superstar foods ten easy ways to cut calories and great Web sites loaded with nutritional information Nutrition for Dummies 3rd Edition tells you what you need to know to eat healthier at home or on the go      Diabetes Meal Planning and Nutrition For Dummies Toby Smithson,Alan L. Rubin,2013-10-09 Food awareness nutrition and meal planning advice for people with

diabetes Diabetes Meal Planning and Nutrition For Dummies takes the mystery and the frustration out of healthy eating and managing diabetes Both the newly diagnosed and the experienced alike will learn what defines healthy eating for diabetes and it s crucial role to long term health why healthy eating can be so difficult and how meal planning is a key to successful diabetes management Diabetes Meal Planning and Nutrition For Dummies takes the guesswork out of eating and preparing diabetes friendly foods You ll learn whether popular diets fit or don t fit into a healthy eating plan what to shop for how to eat healthy away from home which supplements you should consider and how to build perfect meals yourself To get you started this book includes a week s worth of diabetes friendly meals and fabulous recipes that demonstrate how delicious food and effective diabetes management can go hand in hand Includes helpful information for people with both type 1 and type 2 diabetes as well as exchange lists for diabetes Explains how your surroundings and your biology conspire to encourage unhealthy eating and how you can gain control by planning in advance Helps you to understand that fabulous nutritionally balanced food and diabetes management can go hand in hand If you or a loved one has been diagnosed with diabetes Diabetes Meal Planning and Nutrition For Dummies is packed with expert advice surprising insights and practical examples of meal plans coupled with sound nutritional advice

**Belly Fat Diet For Dummies** Erin Palinski-Wade,2012-11-06 The fast and easy way to lose belly fat Lowering body weight can reverse or prevent diabetes lower blood pressure cholesterol and triglyceride levels and improve sleep apnea and other sleep problems The easy recipes and exercises outlined in Belly Fat Diet For Dummies gives you the edge you need to shed unwanted pounds and gain muscle tone Do you carry extra weight around your midsection Belly Fat Diet For Dummies gives you practical trusted advice for shedding it the fast and healthy way You ll get a proven 14 day quick start program that guarantees results within days a no gym fitness plan that starts with a fat melting bodyweight only workout and progresses to more advanced exercises further toning and tightening your belly Plus you ll get over 40 delicious belly burning recipes to help you manage your weight A no gym fitness plan that starts with a fat melting bodyweight only workout and then progresses to a more advanced exercises futher toning and tightening your belly Over 40 delicious belly burning recipes Loads of options customized for carboholics meat lovers chicken and seafood fans chocoholics fast food junkies diabetics and vegans Includes useful tips body sculpting exercises and delicious recipes using superfoods to help shrink your waistline A comprehensive maintenance plan to help you stay on track Belly Fat Diet For Dummies is a complete and informative guide that makes shedding weight practical and fun with results in days

*Clinical Nutrition For Dummies* Michael J. Rovito,2014-02-28 Get up to date on clinical nutrition for school work or your own health From the proper function of the major organs and the role that proper nutrition plays in their functioning to a breakdown of carbs proteins fats vitamins and minerals Clinical Nutrition For Dummies provides you with the easy to read guide you need to immerse yourself in the subject Written in the fun style that the For Dummies series has become known for the book is perfect for students in the wide variety of fields that require an in depth understanding of clinical nutrition or for

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*Cancer Nutrition and Recipes For Dummies* Maurie Markman,Carolyn Lammersfeld,Christina T. Loguidice,2013-07-29 Fight cancer from the inside out Cancer treatments such as surgery chemotherapy and radiation can be as hard on the body as the disease itself and detailed nutritional advice is usually not part of the program Yet eating the right foods can actually help lessen the strength of some of the most powerful symptoms of cancer and the side effects of treatment allowing the patient to better fight the disease Now Cancer Nutrition Recipes For Dummies is your trusted informative guide to fighting cancer from the inside out Designed for cancer patients and their families Cancer Nutrition Recipes For Dummies focuses on foods best tolerated during and that can ease side effects of cancer treatment It also offers advice for menu planning nutritional analysis diabetic exchanges and much more Serves as a guide for cancer nutrition before during and after treatment Gives you a wealth of easy immediate steps to speed up the healing process through diet Offers advice on treatment as well as solutions to common side effects like dehydration fatigue and nausea Enables cancer patients to put their strongest foot forward when starting treatment Cancer Nutrition Recipes For Dummies targets those dealing with cancer and the loved ones who take care of them aiding both parties in alleviating some of the side effects of the cancer treatment through change in diet

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**Flat Belly Cookbook For Dummies** Erin Palinski-Wade, Tara Gidus, Kristina LaRue, 2013-10-01 The fast and easy way to get a flatter belly Tens of thousands of Americans have changed their bodies and their lives with the help of the recipes and guidelines developed to eliminate body fat Flat Belly Cookbook For Dummies includes an overview of the belly fat grocery shopping and pantry stocking tip delicious nutritious and even kid friendly flat belly recipes All 125 recipes are carefully developed by America s Belly Fat Fighter to make sure every meal includes just the right amount of belly flattening monounsaturated fatty acids or MUFAs found in nuts and seeds vegetable oils olives avocados and dark chocolate so you can mix and match meals to suit your taste Explains the importance of replacing sugars saturated fats and

trans fats with whole grains lean proteins and fiber Teaches you how to effectively structure your diet practice good nutrition and drop belly fat at the same time Includes 125 flat belly recipes If you re looking to shed fat and tone your midsection through diet and exercise Flat Belly Cookbook For Dummies has you covered **Data Driven Marketing For Dummies**

David Semmelroth,2013-10-07 Embrace data and use it to sell and market your products Data is everywhere and it keeps growing and accumulating Companies need to embrace big data and make it work harder to help them sell and market their products Successful data analysis can help marketing professionals spot sales trends develop smarter marketing campaigns and accurately predict customer loyalty Data Driven Marketing For Dummies helps companies use all the data at their disposal to make current customers more satisfied reach new customers and sell to their most important customer segments more efficiently Identifying the common characteristics of customers who buy the same products from your company or who might be likely to leave you Tips on using data to predict customer purchasing behavior based on past performance Using customer data and marketing analytics to predict when customers will purchase certain items Information on how data collected can help with merchandise planning Breaking down customers into segments for easier market targeting Building a 360 degree view of a customer base Data Driven Marketing For Dummies assists marketing professionals at all levels of business in accelerating sales through analytical insights *Coaching and Mentoring For Dummies* Marty

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*Beginning Programming with C For Dummies* Dan Gookin,2013-10-28 Learn the basics of programming with C with this fun and friendly guide C offers a reliable strong foundation for programming and serves as a stepping stone upon which to expand your knowledge and learn additional programming languages Written by veteran For Dummies author Dan Gookin this straightforward but fun beginner s guide covers the fundamentals of using C and gradually walks you through more advanced topics including pointers linked lists file I O and debugging With a special focus on the subject of an Integrated Development Environment it gives you a solid understanding of computer programming in general as you learn to program with C Encourages you to gradually increase your knowledge and understanding of C with each chapter building off the previous one Provides you with a solid foundation of understanding the C language so you can take on larger programming projects learn new popular programming languages and tackle new topics with confidence Includes more than 100 sample programs with code that are adaptable to your own projects Beginning Programming with C For Dummies assumes no previous programming language experience and helps you become competent and comfortable with the fundamentals of C in no time

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