

# THE NUTRIBASE COMPLETE

# FAST FOOD RESTAURANT

## NUTRITION COUNTER

Whether you're concerned about fat and calorie intake for health reasons, diet goals, or just watching what you eat, here is the only reference you will need to make smart and healthy dining decisions when you are dining out or taking out. Over 3,000 menu entries are listed including beverages, burgers, appetizers, entrees, desserts and much more.

### Nutrition Facts

Serving Size: 10 cup (1 1/4 qt)

Servings Per Container: 4

Amount Per Serving

Calories from Fat 30

% Daily Value\*

**Sodium** 30g 60%

**Total Fat** 10g 20%

**Calories** 100 20%

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DR. ART ULENE

# Nutribase Complete Fast Food Restaurant Nutrition Counter

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## **Nutribase Complete Fast Food Restaurant Nutrition Counter:**

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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     Take Control of Your Kitchen Mary Collette Rogers,2004-12 A kitchen organizing guide to make cooking

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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 Nutrition Facts Desk Reference** Art Ulene,1995 With over 40 000 entries this book presents information for a wide range of foods     *Forthcoming Books* Rose Arny,2001-06

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