

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 1/2 cup (114g)
Servings Per Container 4

Amount Per Serving

Calories from Fat 30

| % Daily Value* |
|----------------|
| 5% |
| 0% |
| 0% |
| 13% |
| 4% |
| 12% |

*Percent Daily Values are based on a diet of other people's misdeeds.

depending on your daily needs:

| Nutrient | | 2,000 Calories | 2,500 Calories |
|--------------------|-------------------|-------------------|-------------------|
| Total fat | Less than 65g | 65g | 80g |
| Sat Fat | Less than 20g | 20g | 25g |
| Cholesterol | Less than 300mg | 300mg | 350mg |
| Sodium | Less than 2,400mg | 2,400mg | 2,800mg |
| Total Carbohydrate | Less than 300g | 300g | 375g |
| Fiber | | 30g | 30g |

Calories per gram:
Fat 9 • Carbohydrates 4

DR. ART ULENE

Nutribase Complete Fast Food Restaurant Nutrition Counter

Arthur Ulene



Nutribase Complete Fast Food Restaurant Nutrition Counter:

Fast Food Restaurant Nutrition Counter Arthur Ulene, 1995-10 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 cholesterol protein carbohydrates sodium and fiber for easy comparison Each food product is broken down into serving sizes to make food choices as simple and quick as possible

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 cholesterol protein carbohydrates sodium and fiber for easy comparison Each food product is broken down into serving sizes to make food choices as simple and quick as possible

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 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 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 Guide to Protein, Carbohydrates & Fat NutriBase, 2001-11-12 Dieters everywhere are trying their best to reduce their carbohydrate consumption and increase their protein consumption at the same time in the hopes of losing a few inches around their waistline Whether you are trying to keep to a diet or you have a more serious medical condition such as diabetes that limits your carb intake here is the perfect guide to help you make informed decisions about healthy eating The NutriBase Guide to Protein Carbohydrates Fat contains listings for 40 000 plus food products more than any other book on the market including brand name and generic items specialty foods fast foods and chain restaurant meals This handy reference tells you the amount of protein carbohydrates fat grams and total calories in each food item in short everything you need to help you compare foods and shop smartly

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 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 *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 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 both easy and enjoyable Provides kitchen layouts and more importantly explains the process of arranging an existing kitchen to get optimal use This book walks the novice and expert cook through the process of making meal planning and cooking an easier task **The Publishers Weekly** ,1995 **The NutriBase Guide to Fat & Cholesterol in Your Food** Art Ulene,1995 High 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 Connections For Health Mullen, McDermott, Gold, Belcastro, Subject Guide to Books in Print ,1991 **The Hurried Woman** Brent W. Bost,2001 Conquer fatigue achieve successful lifelong weight management and rekindle the fire in your relationships **Books in Print** ,1991

Reviewing **Nutribase Complete Fast Food Restaurant Nutrtn Counter**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Nutribase Complete Fast Food Restaurant Nutrtn Counter**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Nutribase Complete Fast Food Restaurant Nutrtn Counter Introduction

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