

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%

Calories 100 20%

Calories 100 20%

Calories 100 20%

Calories 100 20%

Calories 100 20%

Calories 100 20%

DR. ART ULENE

Nutribase Complete Fast Food Restaurant Nutrition Counter

Anita Weil Bell



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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 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 **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 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 book is a great way to make healthy eating easier **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

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