

THE NUTRIBASE GUIDE TO

FAT & CHOLESTEROL IN YOUR FOOD

Over 30,000 food products including brand name and generic foods, specialty foods, fast food and restaurant meals. Whether you're concerned about fat & cholesterol intake for health reasons, diet goals, or for meal planning, here is the only reference you will need to make food comparisons and buying decisions.

Nutrition Facts

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

Total Fat 5g

Saturated fat

Cholesterol 1g

Sodium 300mg

Total Carb 40g

Calories from Fat 30

% Daily Value*

5%
0%
0%
13%
4%
12%

2,000 Calories • Calcium 4% • Iron 4%

Values may be higher or lower depending on your caloric needs:

2,000 Calories 2,500 Calories

Total fat 5g 80g

Sat Fat 1g 25g

Cholesterol 1g 300mg

Sodium 300mg 2,400mg

Total Carbohydrate 40g 375g

Fiber 1g 30g

Calories per gram

Fat 9 • Carbohydrates 4 • Protein 4

DR. ART ULENE

Nutribase Guide To Fat And Cholesterol In Your Food

A Gutmann



NutriBase Guide To Fat And Cholesterol 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 **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 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 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 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 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 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 Me I Knew I Could Be** Crystal Phillips,2010-04-01 Six years ago Crystal Phillips was miserable unhappily married and suicidal At 292 pounds it seemed as though her life was over and that there was no way to climb out of the hopelessness Through food she was slowly killing herself But the death of Crystal s beloved brother made her realize several powerful things life is too precious to waste and our purpose here is to live as fully and as we can Through this realization Crystal found within herself the strength to make a change In **The Me I Knew I Could Be** you will discover The power of journaling How to be prepared for emotional setbacks How to eat well and take care of yourself without deprivation Delicious recipes for favorite comfort

foods and how to make them light and healthy Two weeks of sample menus Empowering stories of other women who lost weight in Crystal's Through Thick and Thin Workshop How to form your own fitness workshop The Me I Knew I Could Be is both the inspiring personal story of Crystal's weight loss and a practical helpful usable guide for anyone who wants to lose weight get healthy and embrace life *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 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 5-Day Miracle Diet Companion** Adele Puhn,Karla Dougherty,1996 Daily journal pages to write down what you ate how you felt how you kept moving and a Daily Adele dose to keep you inspired Cover Includes recipes weekly assessments and anecdotes **Diabetes Medical Nutrition Therapy** Harold J. Holler,Joyce Green Pastors,1997 Provides

guidance to dietitians nurse educators and persons with diabetes during the various stages of diabetes medical nutrition therapy Focuses on diabetes management diabetes nutrition education and basic and in depth nutrition intervention Emphasizes the need to individualize meal plans **American Book Publishing Record** ,1995 Books in Print ,1991

Medical and Health Care Books and Serials in Print ,1997 **50 Essential Things to Do when the Doctor Says It's Diabetes** Diana Tonnessen,1996 Medical writer Diana Tonnessen reveals that contrary to popular belief the recommendations for staying healthy for people with diabetes are no different from those who do not have the disease The key is knowing all the facts and this essential resource is packed with the most current medical information available

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 Hospitality Clues for the Clueless Christopher D. Hudson,1999 This book shows how Christians make their homes warm friendly and comforting places to welcome guests and share the gospel

This book delves into Nutribase Guide To Fat And Cholesterol In Your Food. Nutribase Guide To Fat And Cholesterol In Your Food is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Nutribase Guide To Fat And Cholesterol In Your Food, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Nutribase Guide To Fat And Cholesterol In Your Food
 - Chapter 2: Essential Elements of Nutribase Guide To Fat And Cholesterol In Your Food
 - Chapter 3: Nutribase Guide To Fat And Cholesterol In Your Food in Everyday Life
 - Chapter 4: Nutribase Guide To Fat And Cholesterol In Your Food in Specific Contexts
 - Chapter 5: Conclusion
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 3. In chapter 2, the author will delve into the foundational concepts of Nutribase Guide To Fat And Cholesterol In Your Food. This chapter will elucidate the essential principles that need to be understood to grasp Nutribase Guide To Fat And Cholesterol In Your Food in its entirety.
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 5. In chapter 4, this book will scrutinize the relevance of Nutribase Guide To Fat And Cholesterol In Your Food in specific contexts. The fourth chapter will explore how Nutribase Guide To Fat And Cholesterol In Your Food is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Nutribase Guide To Fat And Cholesterol In Your Food. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Nutribase Guide To Fat And Cholesterol In Your Food.

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Nutribase Guide To Fat And Cholesterol In Your Food Introduction

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