

The NutriBase
Guide to

Fat & Fiber

Completely
Revised and
Updated

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including brand-name and generic foods,
specialty foods, fast foods, and
chain-restaurant foods.

Compare products
accurately, with
listings for:

- Sodium content
- Fat content
- Calories
- Percentage of calories from fat



Nutribase Guide To Fat Fiber In Your Food

Raffaela Di Napoli



NutriBase Guide To Fat Fiber 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 *The NutriBase Guide to Fat & Fiber in Your Food* ,2001 *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

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