#### 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 maske 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

Berving Size 15 cup (114g) Bervings Per Container 4

Amount Per Sening

Calories from Fat 36

195 Charley Markury

# Sodium 30 Total Fat Calories 9

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DR. ART ULENE

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**Arthur Ulene** 

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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 

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