

The NutriBase  
Guide to



# Fat & Cholesterol

Entries for more than 40,000 food products, including brand-name and generic foods, specialty foods, fast foods, and chain-restaurant foods.

Compare products accurately, with listings for:

- Fat content
- Saturated fat content
- Cholesterol
- Total calories
- Percentage of calories from fat



# **Nutribase Guide To Fat And Cholesterol In Your Food**

**Arthur Ulene**



## **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 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

**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 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 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     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

**American Book Publishing Record** ,1995     **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 Nutrtrtion 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 Nutrition Facts Desk Reference* Art Ulene,1995 With over 40 000 entries this book presents information for a wide range of foods     **Books in Print** ,1991

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## **Table of Contents Nutribase Guide To Fat And Cholesterol In Your Food**

1. Understanding the eBook Nutribase Guide To Fat And Cholesterol In Your Food
  - The Rise of Digital Reading Nutribase Guide To Fat And Cholesterol In Your Food
  - Advantages of eBooks Over Traditional Books
2. Identifying Nutribase Guide To Fat And Cholesterol In Your Food
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Nutribase Guide To Fat And Cholesterol In Your Food
  - User-Friendly Interface
4. Exploring eBook Recommendations from Nutribase Guide To Fat And Cholesterol In Your Food
  - Personalized Recommendations
  - Nutribase Guide To Fat And Cholesterol In Your Food User Reviews and Ratings
  - Nutribase Guide To Fat And Cholesterol In Your Food and Bestseller Lists

5. Accessing Nutribase Guide To Fat And Cholesterol In Your Food Free and Paid eBooks
  - Nutribase Guide To Fat And Cholesterol In Your Food Public Domain eBooks
  - Nutribase Guide To Fat And Cholesterol In Your Food eBook Subscription Services
  - Nutribase Guide To Fat And Cholesterol In Your Food Budget-Friendly Options
6. Navigating Nutribase Guide To Fat And Cholesterol In Your Food eBook Formats
  - ePub, PDF, MOBI, and More
  - Nutribase Guide To Fat And Cholesterol In Your Food Compatibility with Devices
  - Nutribase Guide To Fat And Cholesterol In Your Food Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Nutribase Guide To Fat And Cholesterol In Your Food
  - Highlighting and Note-Taking Nutribase Guide To Fat And Cholesterol In Your Food
  - Interactive Elements Nutribase Guide To Fat And Cholesterol In Your Food
8. Staying Engaged with Nutribase Guide To Fat And Cholesterol In Your Food
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Nutribase Guide To Fat And Cholesterol In Your Food
9. Balancing eBooks and Physical Books Nutribase Guide To Fat And Cholesterol In Your Food
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Nutribase Guide To Fat And Cholesterol In Your Food
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Nutribase Guide To Fat And Cholesterol In Your Food
  - Setting Reading Goals Nutribase Guide To Fat And Cholesterol In Your Food
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nutribase Guide To Fat And Cholesterol In Your Food
  - Fact-Checking eBook Content of Nutribase Guide To Fat And Cholesterol In Your Food
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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