

# 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**

Calories from Fat 30

% Daily Value\*

|     |
|-----|
| 5%  |
| 0%  |
| 0%  |
| 13% |
| 4%  |
| 12% |

2,000 Calories • Calcium 4% • Iron 4%

Values may be higher depending on your caloric needs:

| Nutrient           | 2,000 Calories   | 2,500 Calories |
|--------------------|------------------|----------------|
| Total fat          | Less than 80g    | 80g            |
| Sat Fat            | Less than 25g    | 25g            |
| Cholesterol        | Less than 300mg  | 300mg          |
| Sodium             | Less than 2400mg | 2400mg         |
| Total Carbohydrate | 305g             | 305g           |
| Fiber              | 30g              | 30g            |

Calories per gram:  
Fat 9 • Carbohydrates 4 • Protein 4

DR. ART ULENE

# **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 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 books 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

## **Nutribase Guide To Fat And Cholesterol In Your Food** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Nutribase Guide To Fat And Cholesterol In Your Food**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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