The NutriBase Guide to

Completely Revised and Updated

Carbohydrates, Calories & Fat

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

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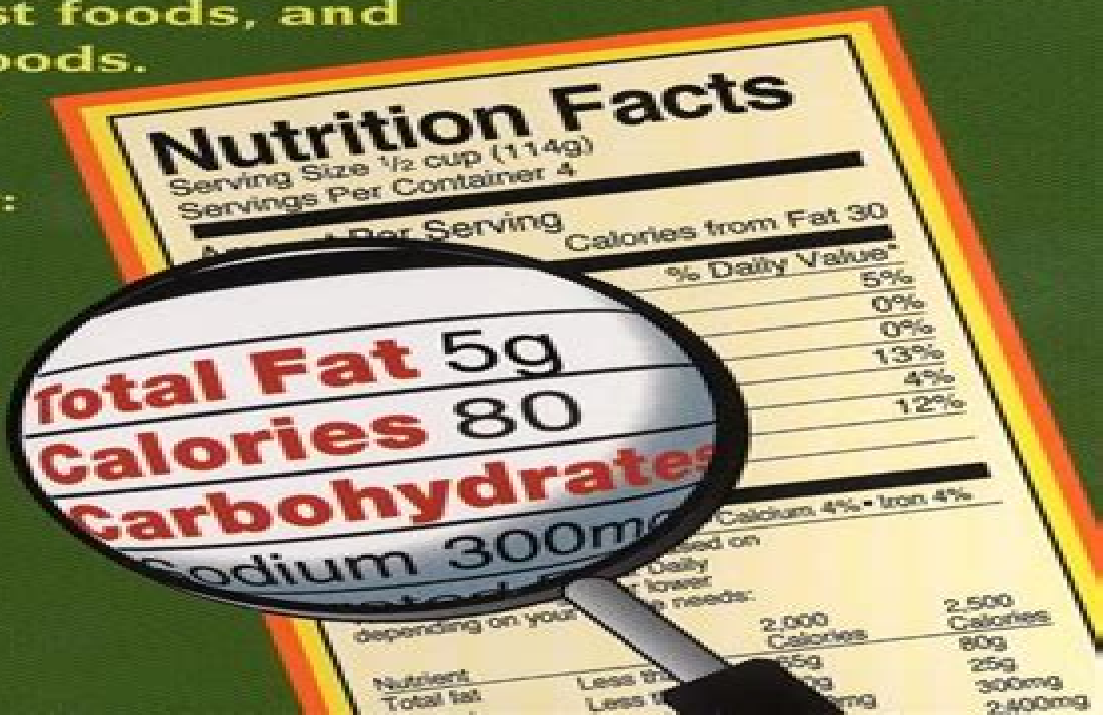

Nutribase Guide To Carbohydrates Calories And Fat In Your Food

Arthur Ulene

Nutribase Guide To Carbohydrates Calories And Fat In Your Food:

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 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 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 Carbohydrates, Calories, and Fat in Your Food ,2001 *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 **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 Protein, Carbohydrates & Fat NutriBase,2001-11-12 Dieters everywhere are trying their best to reduce their carbohydrate consumption and increase their protein consumption at the same time in the hopes of losing a few inches around their waistline Whether you are trying to keep to a diet or you have a more serious medical condition such as diabetes that limits your carb intake here is the perfect guide to help you make informed decisions about healthy eating The NutriBase Guide to Protein Carbohydrates Fat contains listings for 40 000 plus food products more than any other book on the market including brand name and generic items specialty foods fast foods and chain restaurant meals This handy reference tells you the amount of protein carbohydrates fat grams and total calories in each food item in short everything you need to help you compare foods and shop smartly *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 & Fat in Your Food* ,2001 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 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 Feeding Ecology in Apes and Other Primates Gottfried Hohmann,Martha M. Robbins,Christophe Boesch,2006-10-19 Publisher Description 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 Publishers Weekly ,1995

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 **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 *The Cumulative Book Index* ,1996 A world list of books in the English language **The Diabetic Man** Peter A. Lodewick,June Biermann,Barbara Toohey,1996 A complete resource for diabetic men and their families and friends that explains the importance of nutrition exercise and support in coping with diabetes **Diabetes** Ernest Lowe,Gary Arsham,1997-06-24 Diabetes A Guide to Living Well The most comprehensive guide to living with diabetes is now completely revised and updated Helpful current and up to date with good information The Diabetes Educator This extensively revised edition of Diabetes A Guide to Living Well incorporates the latest diabetes research emphasizing the current focus on preventive measures supported by the results of the Diabetes Control and Complications Trial It will help you design a program of individualized self care that fits your lifestyle and avoid the major complications of diabetes This no nonsense guide explains how to overcome resistance and negative beliefs and offers concrete strategies for dealing with stress emotional reactions and difficult to change eating and activity habits Diabetes A Guide to Living Well includes updated nutrition advice that reflects the research and guidelines from the American Diabetes Association information on new medications and expanded discussion on insulin pump therapy For the first time the book also includes information specifically for people with Type 2 diabetes A useful and valuable addition to the library of anyone dealing with diabetes Journal of Nutrition Education

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