

THE NUTRIBASE GUIDE TO

FAT & FIBER

IN YOUR FOOD

Over 30,000 food products including brand name and generic foods, specialty foods, fast food and restaurant meals. Whether you are concerned about fat and fiber 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

Per Serving		% Daily Value*	
Calories from Fat 30			
		5%	
		0%	
		0%	
		13%	
		2%	
		12%	

*Percent Daily Values are based on a diet of other people's secrets.

	2,000 Calories 50g	2,500 Calories 65g
Total fat	Less than 50g	50g
Sat Fat	Less than 25g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,000mg	2,000mg
Total Carbohydrate		50g
Fiber		30g

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

DR. ART ULENE

Nutribase Guide To Fat Fiber In Your Food

Arthur Ulene



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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 *The NutriBase Guide to Fat and Fiber in Your Food* Arthur Ulene,1995 Diets high in fat and low in fiber have been directly linked to weight gain and numerous chronic disorders This pocket guide makes it easier for you to make healthy eating choices by providing information on fat and fiber grams as well as the total calorie count on over 30 000 food items **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* 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 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 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 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 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 **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

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