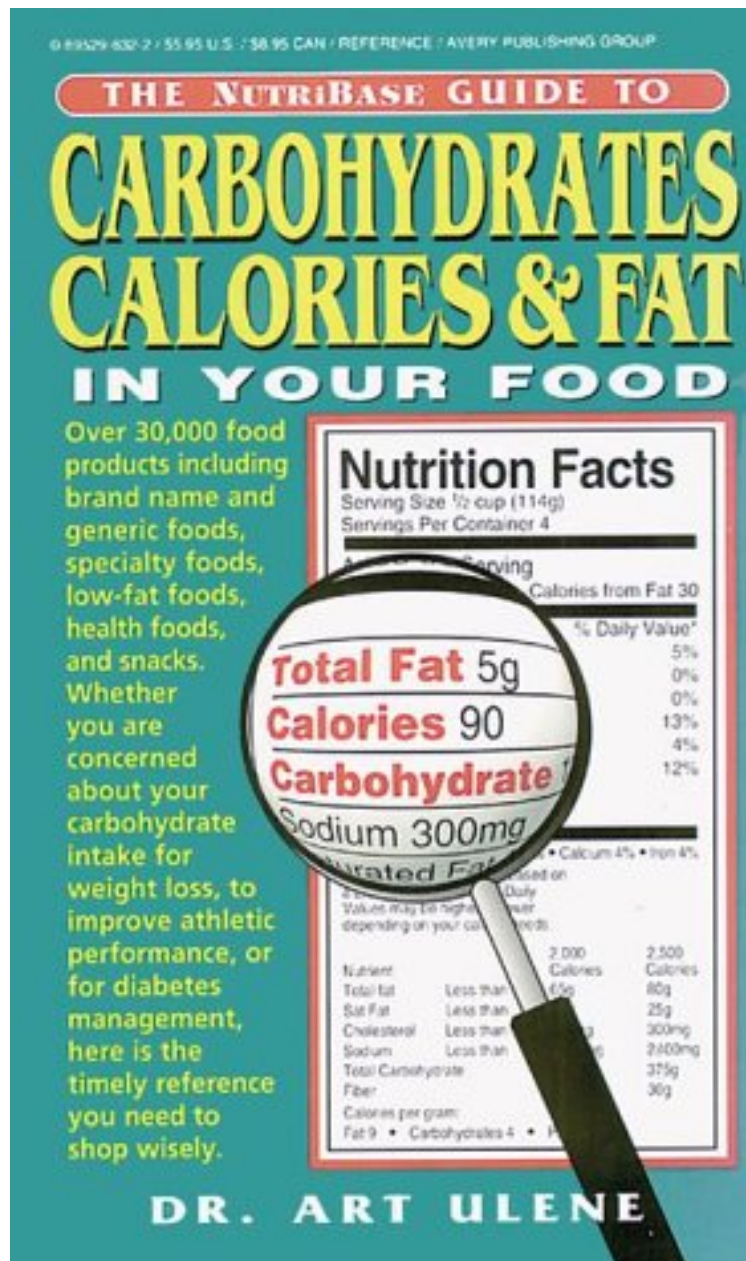


The NutriBase Guide to Carbohydrates, Calories, and Fat in Your Food

Art Ulene

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Art Ulene : The NutriBase Guide to Carbohydrates, Calories, and Fat in Your Food before purchasing it in order to gauge whether or not it would be worth my time, and all praised The NutriBase Guide to Carbohydrates, Calories,

and Fat in Your Food:

Lists the carbohydrate, caloric, and fat content of over 30,000 food products, including brand name and generic foods.

About the Author Art Ulene, MD, is also the author of Dr. Art Ulene's Complete Guide to Vitamins, Minerals, and Herbs. His health reports have appeared nationally on NBC's Today show for fifteen years, and he has also appeared weekly on ABC's Home show for over two years.