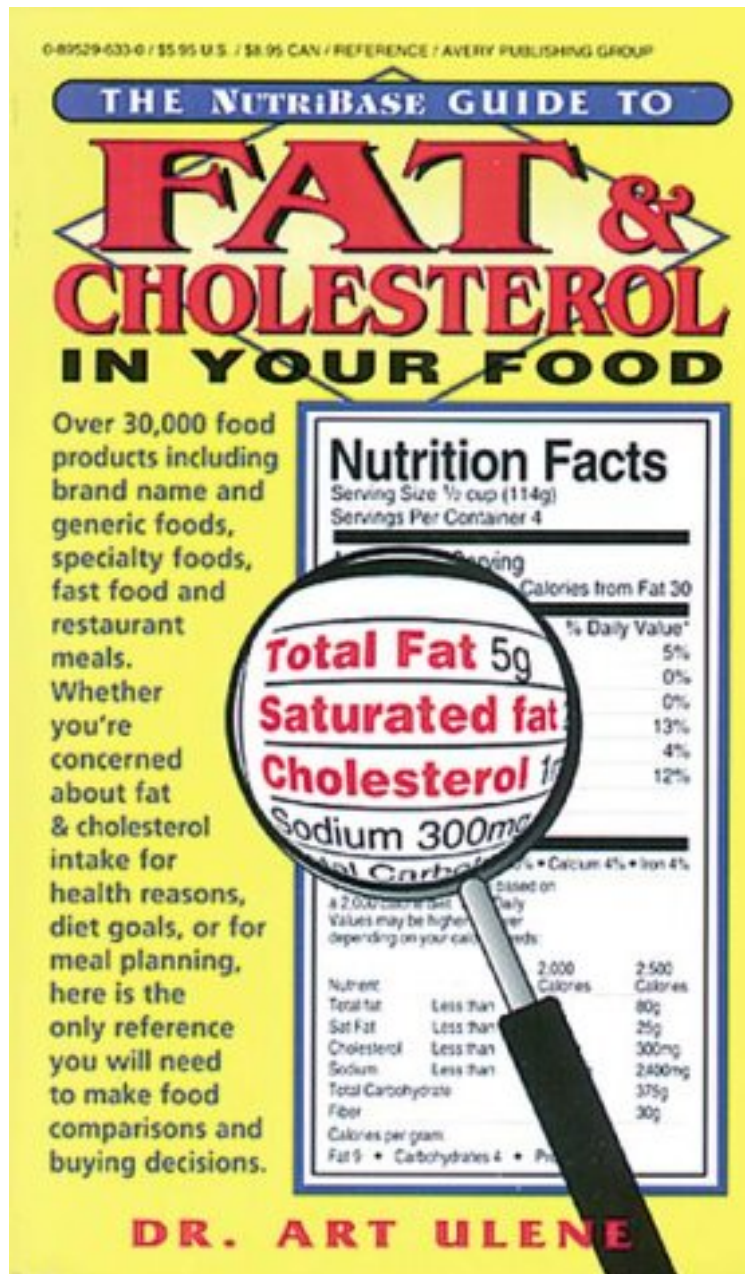


The NutriBase Guide to Fat and Cholesterol in Your Food

Art Ulene

ePub | *DOC | audiobook | ebooks | Download PDF



DOWNLOAD



READ ONLINE

#5349134 in Books 1994-12-01 1994-12-01 Original language: English PDF # 1 7.04 x 1.62 x 4.241, Binding: Mass Market Paperback 720 pages | File size: 47.Mb

Art Ulene : The NutriBase Guide to Fat and Cholesterol 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 Fat and Cholesterol in Your Food:

2 of 2 people found the following review helpful. Highly useful
By A Customer
Providing fat and cholesterol values for thousands of foods (brand-name, generic and natural), this book is remarkably complete in its listings. For readers who need to know such things, it will immediately become a constant companion. At the price, it's a great value.

To help readers keep track of their fat and cholesterol intake, this compact, easy-to-use reference lists each item by name and brand, including fast foods and restaurant meals. Each of the 30,000 products covered is broken down by serving size, total calories, percentage of calories from fat, grams of fat, saturated fat content, and cholesterol content.

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.