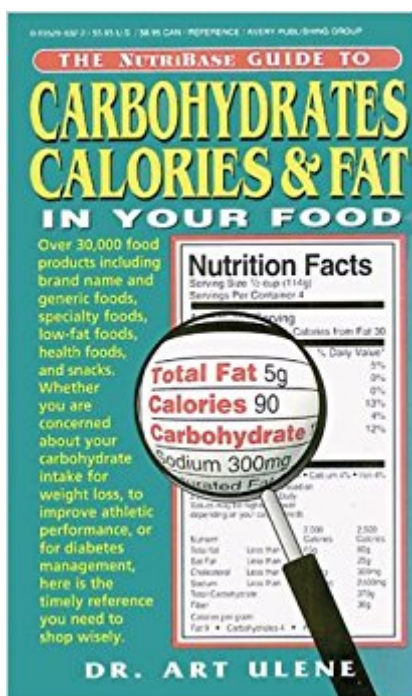


The book was found

The NutriBase Guide To Carbohydrates, Calories, And Fat In Your Food



Synopsis

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

Book Information

Series: NutriBase

Mass Market Paperback: 682 pages

Publisher: Avery (January 1, 1995)

Language: English

ISBN-10: 0895296322

ISBN-13: 978-0895296320

Product Dimensions: 4.1 x 1.5 x 7 inches

Shipping Weight: 9.6 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #698,560 in Books (See Top 100 in Books) #161 in [Books > Humor & Entertainment > Humor > Limericks & Humorous Verse](#) #203 in [Books > Humor & Entertainment > Humor > Cooking](#) #388 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters](#)

Customer Reviews

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.

[Download to continue reading...](#)

The NutriBase Guide to Carbohydrates, Calories, and Fat in Your Food Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health Good Calories, Bad Calories: Challenging the Conventional Wisdom on Diet, Weight Control, and Disease Good Calories, Bad Calories Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet,

Abs Diet, Waist Training Workout) (FIT BODY Book 1) IBS--Free at Last!: A Revolutionary, New Step-by-Step Method for Those Who Have Tried Everything. Control IBS Symptoms by Limiting FODMAPS Carbohydrates in Your Diet. How To Lose Thigh Fat: The Most Effective and Simple Solutions to Trim your Thighs (Thigh fat, slim thigh, reduce thigh fat, shape your thigh) Diet Food Journal : Weight Watchers Log Book 7.5x9.25 - Weight Watcher Log Book - Food Calories Tracker - 120 Pages (60 Days) Vol.8: Diet Journal Analysis of Carbohydrates by GLC and MS Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) The Miracle Carb Diet: Make Calories and Fat Disappear--with Fiber! Healthy Air Fryer Cookbook: 100 Great Recipes with Fewer Calories and Less Fat Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories The Skinny Steamer Recipe Book: Delicious Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories Eat Fat, Get Thin Fast!: Eat Fat and Get Thin with the best healthy high fat recipes; Complete pictures, nutrition facts, and serving sizes for every single recipe! FAT BOMBS: 120 SWEET AND SAVORY KETO TREATS FOR KETOGENIC, LOW CARB, GLUTEN-FREE AND PALEO DIETS (keto, ketogenic diet, keto fat bombs, desserts, healthy recipes, fat bombs cookbook, paleo, low carb) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Fat Bombs: Delicious Low-Carb High-Fat Sweet and Savory Ketogenic & Paleo Fat Bombs

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)