



The NutriBase Nutrition Facts Desk Reference

Art Ulene

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This completely updated edition provides thorough nutritional profiles of generic, brand-name, prepared, and specialty foods, including values for fast foods and restaurant meals--more than 40,000 listings in all. Arranged alphabetically for easy reference, listings are complete with the amount of calories, carbohydrates, sodium, protein, fiber, fat, saturated fat, cholesterol, and percentage of calories from fat in each item--in short, everything needed to analyze diet and nutrition.

This essential reference book is based on data from the NutriBase Nutrition Managers integrated software package, the most complete and versatile nutritional and fitness information available.

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