

The Single Most Comprehensive
Up-to-date Source of Nutritional
Data for Food Products



The NutriBase

Nutrition Facts

Desk
Reference
Second Edition

Nutritional information for more than 40,000 food products, including brand-name and generic foods, specialty foods, fast foods, and chain-restaurant foods

Detailed information includes:

- Calories
- % calories from fat
- Total fat
- Saturated fat
- Cholesterol
- Sodium
- Carbohydrates
- Fiber
- Protein
- 13 vitamins and minerals



Art Ulene

The NutriBase Nutrition Facts Desk Reference



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This essential reference book is founded on data from the NutriBase Nutrition Managers integrated software package, probably the most complete and versatile nutritional and fitness information available. With more than 77,000 copies on the net, The NutriBase Nutrition Facts Desk Reference can be an essential tool for monitoring the vitamins and minerals of your diet. Arranged alphabetically for easy reference, listings are complete with the amount of calories, carbohydrates, sodium, protein, dietary fiber, fat, saturated unwanted fat, cholesterol, and percentage of calorie consumption in each item--in brief, everything had a need to analyze diet plan and nourishment. This completely updated edition provides thorough nutritional profiles of generic, brand-name, prepared, and specialized foods, including values for fast foods and restaurant meals--more than 40,000 listings in every. A completely revised and up to date edition of the most comprehensive assortment of food values.



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MY Doctor RECOMMENDED THIS REFERENCE BOOK This huge nutrition reference book has all of the info you should possibly need. I take advantage of it to check potassium levels, sodium levels, sugar levels, and of course calories in food and drink items... Highly Recommend. The next section provides supplement/mineral data for a very much shorter listing of food. You may be really amazed by how comprehensive this book is with regards to the single food items, prepared entrées, condiments and ingredients covered and also portion sizes and planning methods. If you can eat it, it's most likely in here: I've several hickory trees - Hickory Nuts are in right here. I like to hunt and seafood - in here. My elderly mom has several dietary limitations. I could look up singular items to verify the amount of off-limits vitamins and minerals. I thought it would have data in actual vegetables, fruits, seeds. You may be happy with this source should you have limited access to the internet or prefer book-structured reference. This is solely a "data" reserve with minimal nutritional conversation or theory, therefore, I'd pair this book with a Nutritionist's desk reference of some kind.... I should have read the fine print. Extensive Coverage - Impressive! I may not often make the best option but at least I could feel I've made an informed one....and meals from chain restaurants, neither which I have any make use of for. This book is EXTENSIVE.. Filled with about any nutrition info for whatever sort of diet you are on. it might make an excellent door stop, etc. Not sure how accurate. VERY HELPFUL TO ME. The counts for a few more fresh vegetables and fruit are different from my three various other books and the research I've got from internet sites about fiber, carbs and calorie consumption.. I misplaced it and experienced to get another. A good source I wanted an updated nutrition details source and purchased it only with another nutritional handbook.. They don't come better. I don't believe all ideals are correct. I am not really yet comfortable with using it to the best advantage but feel it'll come as I use it more often. I found it extremely informative and useful. This references foods. Much good information, aside from sat. fat for junk food. This is the second edition of the material. Years back, I purchased the first edition. Have enjoyed using that one. In the previous edition, the gram measurements for protein, carb, and fat articles included tenths of a gram (i. That one was for my brother. I am disappointed about some of the features. minerals: A, thiamin, riboflavin, niacin, b6, folate, b12, C, calcium, iron, magnesium, potassium, and zinc). I have found several foods where in fact the new edition does not provide data because of this device of measure. Quite total, e., 3.7). Today, you will only discover tenths of a gram shown under fat and saturated extra fat. In the section covering fast food and chain restaurants, much of the info under saturated fat is just plain wrong. For instance, (restaurant name omitted) poultry thigh includes a total of 180 calories and 12 grams of fat (both editions). However, this second edition says this same thigh provides 130 grams of saturated fat (the first edition says it offers 4 grams, that is much more reasonable). As long as your primary need does not concern the saturated body fat content of restaurant food, this is a good source of nutritional info. They don't arrive better. This is an excellent source to add to your home reference library. (Vitamin supplements & The previous version provided data for 1 oz measurements for fruit and veggies (in addition to cup, 1 moderate, etc). The third, and shortest, section supplies the calorie, protein, etc. data for fast-food and chain restaurants. I had this book for several years and loved it. I misplaced it and had to get ... I had this book for several years and loved it.. Personally i think it is very important have accurate nutritional information.. Best Self-Help Book Ever! Tons and a great deal of listings and information Bought 1 for myself nearly 20 years ago. My hubby suffers from elevated blood pressure (prehypertension), and we have been successfully using this book to lessen it! Great publication. Includes everything required. We find it makes searching for low-sodium products much easier than position in grocery aisles reading every can, carton, package because of its sodium content. In depth Fantastic Book - just what I was looking for! We didn't hate the book as a 1 star would indicate but it is useless if you ask me because We are weighing simple foods before eating and have to keep track of certain nutrients for health reasons. For anybody trying to track calorie consumption, carbs, salt intake or any dietary issue, this is the MUST HAVE book!

But because of wear and many services on the market, I wanted to get up-to-date data. The primary section provides nutritional data for calories, proteins, carbs, sodium, fiber, excess fat, saturated fats, cholesterol, and %fat calories. Tons and a great deal of listings and information. Four Stars good desk reference. my used duplicate discolored like newsprint with age. Four Stars Informative Five Stars not ideal for following all food contents Five Stars Can't wait to get started on it. Low quality, good content The content seems like exactly what I was looking for, however, the first duplicate that was sent some pages were stamped together and the printing was smudged. Replaced it and was repaid about the same quality. I will observe how round 3 goes. EASILY didn't like the content, I'd give this a 1 star rating. Disappointed. As advertised. Includes everything needed. As advertised. This book has so much information on the foods we eat (and brands), that certain won't need any additional guide!



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